



Jen Toll

Jen is a learning and development consultant and facilitator with an extensive variety of experience gathered over the last 18 years. She works with all levels of seniority and all types of industry, using the power of psychology to help them think, feel and do things differently. She has varied client experience from senior leaders to front line workers and regional retail managers. She's also worked with construction (Taylor Wimpey, Crest Nicholson), publishing (Cambridge University Press, Lexis Nexis), media (Turner Group), marketing (GroupM), research (ComRes, Citizens Advice), education (Eurotech University Group), public sector (DWP, Brent council), retail & FMCG (Travis Perkins, Hero, Unilever).

As a self-confessed psychology geek, she loves to turn research findings into practical and useful habits that make life better at work and at home. Jen is also cofounder of non-profit Festival of The Girl; empowering kids to fight limiting gender stereotypes.

Accreditations

- MSc Applied Positive Psychology (research: "What Does it Mean to Flourish at Work?")
- MA (Cantab) Natural Sciences; Psychology
- MBTI® step I and II Practitioner
- Strengths Practitioner

Specialist Areas

- Applied Positive Psychology – particularly Resilience and Emotional Agility
- Presentation and Facilitation skills

What people say about working with Jen

"Jen's leadership training is engaging, insightful and practical. She was full of useful techniques that I will be taking with me and putting into practice at work (and home)."

[Jen's LinkedIn Profile](#)

