

# Jeremy Matheson, Senior Consultant, Authentic Business

I have always been interested in different personality types, what causes people to behave in particular ways and what makes each individual unique. In my career I have always sought to bring out the best in other people and especially as a business owner. As a co-founder of Authentic Business I am now privileged to work with people and organizations across the globe to facilitate personal and corporate culture transformation journeys which is what I love to do!



I patiently and purposefully enable clients to increase their 'light' in our world – to discover & then move towards shining at their best.

Having started & run businesses in India and the UK, I bring a global & cultural awareness and perspective.

Clients value my friendship, wisdom & mentoring.

## Recent Engagements

Working with the leadership team of a UK/USA/African apparel manufacturing business seeking to change garment 'manufacturing for good'.

Designing & facilitating a culture awareness journey for a UK NGO founded by King Charles seeking to impact communities in the UK (ongoing).

Designing & facilitating a journey for the APAC regional teams of a global academic publishing house to improve employee engagement through each individual discovering their purpose & values and aligning themselves better with their corporate purpose & company values.

## My Life Purpose and Values

My life purpose is 'Enabling Insight', I love to facilitate clients to have 'Aha!' moments.

My top seven VIA Character Strengths are:

Honesty, Perseverance, Judgment, Spirituality, Bravery, Love and Hope

## Previous Experience

I have over 30 years of business experience both overseas and in the UK, originally in the IT sector and then latterly in personal & corporate transformation.

For nearly 20 years I have been involved in mentoring social enterprises in developing countries.

I am a Director of Authentic Business Associates which is an Association of facilitators working with businesses and non-profits to raise consciousness, increase employee engagement and to create meaning & purpose at work.

I hold a Masters in Engineering from Cambridge University.

## Beyond AB

I am happily married to Susie and we have three adult children. We have been living in Reading, UK, for the last 20+ years, since returning from living in India.

I am a Board Member of a social investment fund working in developing countries. I am a Trustee of a Charity which supports work with children & teenagers.

Languages: English (native).

