

# Jeremy Matheson, Director, Authentic Business Group CIC

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 transformation 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.

## 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

## 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.
- In 2011 I joined Andrew Chua to grow & develop the impact of the Authentic Lives workshop around the world. The workshop enables people to discover their identity and life purpose and has so far been run in more than fifteen countries.
- I am a Director of the Authentic Business Group which is a social enterprise 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 children, all in their 20's. 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).

