

# Insight on Coaching – Guest Bio

*Jane Cranston, Executive & Career Coach  
Managing Director, Executive Coach NY*

## Introduction

Jane Cranston is the managing director and owner of Executive Coach NY. As an executive and career coach, Jane works with success-driven executives and professionals who want to take their careers to the next level, earning a better title, more money, plum assignments and increased recognition. Jane believes that creating a career strategy gives her clients the competitive edge.

## Experience

Jane brings to her coaching over 20 years of senior corporate experience and training as an educator and as a psychotherapist. Jane started her first career in the fashion and retail world which she spent eight years holding several managerial and executive positions for such companies such as Liz Claiborne and Banana Republic. She went on to earn a degree in clinical social work and started a successful psychotherapy practice. Jane also owned and operated her very own specialty foods store.

Prior to her role as managing director at Executive Coach NY, Jane was a coach with the New York Center for Coaching and partner with Leigh Henderson, the founder and managing director of the Leadership Training Room.

Jane is the author of many articles on workplace issues and job search skills. She has been cited in *Newsday* and has appeared on CNN.

## Education

Jane holds a B.S. in Business Education and Master of Social Work (specialization clinical interventions) from New York University. Jane also earned an associate degree in Applied Science – Fashion Merchandising at the Fashion Institute of Technology. She is a graduate of the Executive Coach Academy.

## Professional Affiliations, Publications and Recognition

Jane is a member of the International Coach Federation and the Employee Assistance Professionals Association.