

Communications and Engagement Mentoring Scheme

Mentor profile

Name	Jane Simmonds
Job title	Director of Communications and Engagement
Organisation	NCL ICB
Email address	j.simmonds5@nhs.net
LinkedIn account	Jane Simmonds LinkedIn
Experience and qualifications or training in mentoring	I've been managing teams for over 25 years, with extensive experience of supporting and mentoring staff at all levels to develop their skills, work through challenges and progress their careers.
What interests or excites you about being a mentor?	I really understand the difference the right person and the right advice can make to people's careers and has made to mine. Helping people build their confidence, strengthen their skillset, and keep moving forward in their career is the thing I have always been most passionate about.
Areas of expertise that you can support colleagues with as a mentor	<p>I'm naturally quite shy, hate public speaking and could have written the book on imposter syndrome, but over time – and with the help of some brilliant managers and mentors along the way – I've found ways to build my self-confidence, force myself out of my comfort zone and take ownership of my career path. So if any of that resonates then I can probably help!</p> <p>As a working mum, I can also really relate to people trying to balance career ambitions with juggling a busy life and competing demands outside of work...</p>
Anything else you would like potential mentees to know	I am a CIM qualified workplace coach and will tend to use a blend of coaching and mentoring to help people identify and reach their objectives. I've worked in the public sector for nearly 20 years but am new to the NHS – so I don't have a deep expertise around health yet, but I may bring a different perspective if you need that.