



We Are

Zest

“

The ear of
the leader
must ring with
the voices of
the people.

”

Woodrow Wilson



A woman with long dark hair, wearing a blue floral off-the-shoulder top and light blue jeans, stands in front of a vibrant brick wall. The wall is composed of bricks in shades of blue, pink, yellow, and green, arranged in vertical stripes. She is holding a cluster of balloons: a large yellow balloon shaped like an ice cream cone with white and brown swirls, a green balloon shaped like a watermelon slice, and two smaller yellow emoji balloons. One emoji is a 'Smiling Face with Tongue Out' and the other is a 'Smiling Face with Heart Eyes'.

We
Are
Zest

People Development & Business Performance Specialists

Releasing
Potential

Empowering
People

Rewarding
Teams

Executive Coaching & Leadership Development

Our passion is to create amazing leaders. We help find, create and grow your teams to an aligned leadership framework that supports future growth and potential.

Team Building & Strategy Days

We love developing top teams - it's where we excel! We run events large or small no matter what size your team is we can pull together sessions that bring teams together and align strategy, vision and purpose.

Personal Development Plans

Our main goal is to inspire brilliant people. We focus on active, meaningful personal development plans, tailored development programmes and engagement days.

What We Do

Remote and In Person Learning & Development

All of our training is supported by a full suite of options and ideas.

These range from interactive training courses delivered online, to face to face coaching with small, medium or large groups. We deliver 1 to 1 training and / or large scale conference events. We can also deliver a range of self-directed learning tools that can either complement group learning or act as a more flexible and blended alternative.

We pride ourselves on our ability to listen, ask questions and then create super cool effective bespoke solutions that not only deliver what our clients need, but also leave them with the tools to aid sustainable success.



The Vault

Unlock access to a range of interactive training courses.

Each one is 90 minutes long and can be delivered face to face or by video call.



90 minutes



Face to face



Video call

To let us know what topic interests you, visit our website here:

Get In Touch



Better Meta

How to cultivate the meta skills that lie at the heart of leadership, including empathy, instilling purpose and showing humility.



Thoughtful Rebellion

How small acts of thoughtful rebellion can increase your confidence and assertiveness on a daily basis.



Health & Wellbeing or Wealth & Hellbeing?

The catalyst to do less and achieve more by focusing on the art of a work-life balance for your team and yourself.



Definitely Maybe

'I said maybeeee...' How to make better decisions as a leader by challenging your expectations.



The Essential Selection

8 ways to delegate successfully whilst still feeling in control.



3 Way EI

3 ways to stimulate emotional intelligence in self and others.



Where's my Office?

How to lead and master the agile working day, from your environment to your rhythm and routine!



Personal Development For The Modern Leader

How to become better at what matters and leave behind what doesn't.



Be More Fox

How to be and how to demonstrate genuine curiosity as a leader without being weird about it!



Remote Control

Leadership in a new age of virtuality.

Zest In Numbers

7

years in
business

2

co-founders

6

international
projects delivered

1

baby born

3

websites

12

sectors supported

14

different
associates
on board

37

organisations
helped

6

charities helped

0

bad
days
at the
office

Zest In Numbers

* Stat might be made up

** Stat definitely true

199*

M&S Iced Buns eaten
by one half of Zest

14

birthday meals out

4

logos

0

appraisals delivered

8

close family
members involved

5,000+

delegates attending sessions

1**

mouse on stage

124

individuals exec coached

“

We say it best,
when we say
nothing at all.

(But we do like to
hear from others!)

”



“We absolutely love Zest, they have been our go to team for a few years now. What I like about them is that they take the work seriously but not themselves and that makes it so easy to build meaningful relationships with them. They have helped us create accelerated learning programmes alongside a suite of leadership development interventions, they’ve even helped with our comms and gone above and beyond our expectations. If I could rate them an 11 out of 10 I would!”

**Tom Emery (Chief People Officer
- Brooks Macdonald)**

“We wanted team alignment and we got it. We were blown away by how Zest listened first and then acted upon our own thoughts and opinions to create a series of team interventions that allowed us to be super honest with ourselves. We were introduced to the process or theory of radical candor and this is exactly what we needed to move forward. We were so impressed that we then got the Zest team involved in others areas of our business, designing and delivering a variety of learning and development initiatives”

Colin Booth (CEO - Luminate Education Group)

“Exec Coaching has changed my life, I’m going be as bold as that, if you are asking me about Zest and what they do best. I was unsure about getting myself an exec coach, then during a team development session I found Zest and met Jo... wow! Getting to the heart of what really matters is an understatement. I found things out about myself that I never knew, it’s changed how I think, so that when I’m faced with a challenge or if things go wrong, I’ve got this built-in resilience that kind of kicks in automatically thanks to Zest and in particular Jo.”

Steve Leach (Retail Director - Nisa)

“Zest? Oh those guys! Yep, only got good things to say about them. Firstly, they listen, I mean like truly listen. I’ve had so many companies force off-the-shelf solutions on me, but Zest challenged my own thinking and truly got to the heart of what mattered most. They then put tons of effort into the prep so that the sessions they ran seemed effortless, yet genuinely engaging, oh and quite pacy and interactive too.”

**David Jones (Leadership Development
Consultant - DFS)**

“We wanted to invest in bitesize leadership development training for our teams and individuals. Zest have been instrumental in helping us create short, engaging workshops that have focused on the kind of topics that have been relevant to us at various stages of our journey. We love the energy, pace and style in which Zest facilitate and best of all they have given us some future focussed sustainable solutions that we can now run with.”

Lisa Rudzki (Head of HR - Reaction Engines)

Meet Jo & Andy

These are
the guys
that head
up our
team of
trusted
associates.

Jo Smedley

Co-Founder

I'm here to bring some energy and tenacity to the business world. I like to dream big because, well why not?

I absolutely love unleashing the potential in everyone and anyone that has got a desire to learn, grow and develop their potential. It's this tenacity, curiosity and radical candour that I bring to each and every executive coaching session or team event that I run.

I come from a fast paced, highly commercial background, so whilst I love to generate humour with of course integrity, results matter hugely to me.



Andy Poole

Co-Founder

I'm here first and foremost because I like hanging about with Jo, where she goes I go!

What I really love doing is helping a business, individual or team get to the heart of what matters most when it comes to accelerating growth through personal development.

I'm at my best when I'm creating robust strategies and then making the delivery side of things fresh, up-to-date, results orientated and exciting!



Our Clients

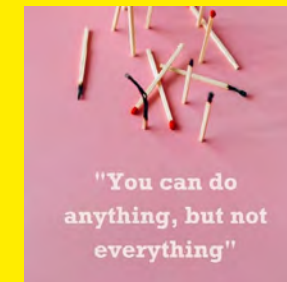
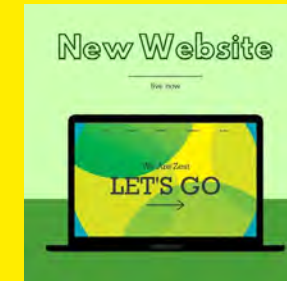


How to get in touch



We are sociable and love to chat!

Check out our latest blog posts, or keep up with everything Zest on LinkedIn and Instagram.





Thank You



Use this QR code
to get a discount
on your first session.

