

Presenter Profile



Jane Southren
Founder & Principal Coach
Southren Group

Jane Southren is the fearless leader, Founder and Principal Coach of Southren Group, to name just a few of the hats she wears as the head of the enterprise that proudly bears her name.

Drawing on her extensive experience as a successful litigator and in-house business development director for a major law firm, Jane is a powerhouse mentor and advisor to her clients, helping them develop the relationships, form the habits and build the profiles they need to attract the work they want and build businesses and careers they love.

Jane's lifelong interest in neuroscience and human connection has led her to study the ways in which people interact and engage with one another, and her findings form the basis of all of the company's programs. Jane empowers and inspires her clients and audiences, whether in a one-on-one coaching engagement, a group program or from the stage.

Jane and her team lead individuals and groups to cultivate insights, develop strategies, implement behavioural changes and build the habits they need to build sustainable, independent practices that they love - practices that are aligned with their values and their personal and professional aspirations.

Jane is a lifelong learner, world-traveler and super-connector. She has a 'shiny things' syndrome, an actual Superpower, is no stranger to curse words and always, always has enough room at her table for anyone who wants to join the party.