



JANET SPADOLA, MA, CLC

Janet Spadola, MA, CLC is an experienced certified coach and consultant who helps individuals and companies maximize their potential and achieve their goals. An enthusiastic and creative partner, she works with clients from a diverse mix of industries including professional services, non-profits, high-tech, government and communications. She is especially in demand for her work with professional women, and combines an academic background in psychology and education with first hand knowledge of business and sales management.

After successful positions with Apple Computer, Raytheon and other high-tech companies, she qualified as a professional coach, founding THE JAS GROUP, INC. She is committed to helping those she works with develop clarity and focus, along with the ability to set goals and design strategies for achieving them. “Inspiring” and “transformational” are some of the words her clients use to describe their experience. “You were the spark that ignited my fire” says another.

Working with individuals, Janet focuses particularly on personal and professional challenges. These typically relate to figuring out what they’re meant to do with their lives particularly related to careers, life transitions, stress management, work-life balance, relationship-building and performance enhancement. She believes that inner peace is achieved by recognizing the jobs and responsibilities we undertake while finding enjoyment and purpose in every day life. Central to her coaching philosophy is recognizing the critical importance of both “doing” and “being”.

She is a strong advocate to organizations in having a more focused and balanced workforce. Her clients see improvements in the quality and quantity of work, the retention of stalled and experienced employees which feeds through to bottom-line results. Key areas in which she focuses include communication skills, managing up and down, team-building and conflict resolution.

A Certified Life Coach (CLC), Janet was trained by the Institute for Life Coach Training. She holds an MA in Psychology from Marymount University, an MA in Teaching from George Washington University and a BA in English from Le Moyne College. She is also an active member of The International Coach Federation (ICF) and the American Society for Training and Development (ASTD).

An eclectic and creative partner, she has provided leadership and performance coaching to a fascinating array of clients, including executives from The Smithsonian Institution and Chadbourne and Parke, an international law firm. Janet has designed and led workshops for diverse groups such as the Hellenic American Women’s Council, Doorways for Women and Families, as well as for Marymount and George Washington Universities.

Her goal is to help clients think boldly and honestly about what they really want, make sustainable behavior changes and develop their strengths by refining and perfecting their talents.