

MEET AQR / CO-FOUNDER

Joanne Taylor

CO-FOUNDER & DIRECTOR



01 / THE SHORT VERSION

Helping people understand themselves - and one another - so teams can perform better.

Joanne brings a people-first, evidence-informed approach to team performance, leadership and organisational development. She combines psychology, coaching and practical facilitation to help capable people see what is shaping their behaviour, relationships and results.

Her strength is turning insight into something useful: better conversations, stronger self-awareness and changes teams can apply in the reality of everyday work.

HOW JOANNE WORKS

Curious enough to understand. Structured enough to create movement.

Insight that becomes practical change.

02 / EXPERIENCE

A career built around people, learning and performance

Before joining AQR Consulting in January 2024, Joanne spent ten years at ARK Consultancy, where she established and led the ARK Academy. She designed leadership, coaching and cultural-development work across housing and social care, helping people navigate change, strengthen resilience and collaborate more effectively.

Her wider career spans membership organisations, consultancy and youth development. Across those settings, the consistent thread has been helping people grow in ways that make a meaningful difference to the work around them.

03 / COACHING & FACILITATION

Support, challenge and psychological insight

Joanne has coached since 2013. Her approach blends curiosity with structure, creating enough safety for honest reflection while keeping the conversation connected to action and results.

She helps leaders and teams understand how thinking influences behaviour, build confidence through change and develop the self-awareness needed for stronger relationships and sustainable performance.

04 / SELECTED CREDENTIALS

01	ILM Level 7 Coach & Mentor	02	Master Practitioner: NLP, Timeline Therapy & Mental Toughness
03	BPS-accredited psychometric assessor	04	EMCC member
05	Foundation Degree in Business Management	06	MSc Business Psychology studies