

# Gareth John

**Principal Consultant**

Gareth is an experienced executive coach, board advisor, General Counsel, director and trustee with a strong track record of supporting executives and boards across different countries and sectors, focusing on strategy, governance, executive development and risk management. He has specific expertise in AI ethics and governance.

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## About Gareth

Gareth previously held leadership roles at TfL and Hewlett-Packard in the UK, Europe and US with international experience across diverse cultures. Most recently he held the role of European General Counsel at Sodexo.

In his role as European General Counsel, he established sound corporate governance framework for boards and committees as part of corporate strategy and collaborated with businesses and finance to implement an efficient forum / process for assessing and approving multi-million commercial bids in Europe. He instituted a successful global mentoring programme to inspire and develop the next generation of legal talent, transformed the European Legal Team in key jurisdictions to align to company strategy and streamlined law firm panels to drive value and efficiency.

Gareth is a Certified Professional Co-Active Coach (CPOCC) with over 30 years legal professional experience working with executives across different sectors. As an executive coach, he empowers leaders and executives to thrive personally and professionally.

In addition to executive roles, Gareth has made significant contributions as a trustee and chair for charitable organizations, notably leading the Sodexo Stop Hunger Foundation to increase its financial and social impact.

Gareth brings a calm, collaborative mindset to executive coaching and development programmes to drive action and change, and adopts an independent, balanced and constructive approach to board participation.

## Experience

- ◆ Consultant in the legal sector
- ◆ Adviser on AI ethics
- ◆ Board adviser, director and trustee
- ◆ Executive coach

## Education and qualifications

- ◆ Member of NedOnBoard, Institute of Board Members (2025)
- ◆ Certificate, Ned Accelerator Programme (2025)
- ◆ MST Practical Ethics, University of Oxford (2023)
- ◆ Certified Professional Co-Active Coach (Co-Active Training Institute) (2009)
- ◆ Twice Winner of the Lawyer Awards for In-House Legal Team of the Year (2007 and 2012)
- ◆ Admitted as a Solicitor in England & Wales (1994)
- ◆ Law Society Finals (First class honours), London (1991)
- ◆ LLB European Hons (English & French Law), Exeter / Aix-Marseille Universities (1990)