

# Tim HJ Rogers

Adapt Consulting Company Ltd

Coach / Consultant / Project Manager

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# About

Incorporated 2016 after 20 years of Contract Project Management

ICF Qualified Coaching

APMG Change Practitioner

PRINCE2 Project Manager

Agile Scrum Master



MBA Management Consultant | Prince2 Project Manager, Agile Scrum Master | APMG Change Practitioner | BeTheBusiness Mentor | ICF Trained Coach | Mediation Practitioner | 4 x GB Gold Medalist | First Aid for Mental Health | Certificate in Applied Therapeutic Skills

# Profile

My background includes transforming organisations. I was responsible for the incorporation of the Post Office and Ports of Jersey. I am also expert in projects, processes and change. I was Operations Change and Sales Support Manager for NatWest and RBS International and more recently responsible for the Programme Office at CI Cooperative.

My community background includes being Lecturer & Trainer for Chartered Management Institute, Independent Non-Executive Public Accounts Committee and Participant Jersey Policy Forum. I am also Former Chair of Pharmaceutical Benefits Committee

My sport includes Triathlon (Commonwealth Games 2006) & Ironman (2006-2016) and Rowing (World Champs 2009, 2010, 2016), GB Coastal Rowing (2017, 2021, 2022).



## Typical Clients

Ports of Jersey

Viscounts Department

Arthouse

Health and Community Services

Islands Insurance

The Good Business Charter

Mind UK



## **Our Partners**

Solitaire Consultants

Fusion Development

Insight Limited

Infinity Limited

Total Solutions Group

The Grangeside Group



## Purpose

I support people and teams to grow, perform and succeed unlocking potential as a partner Consultant, Coach, Project and Change Manager. Together we can deliver projects and change, and improve the confidence, capacity, drive and desire of the people I work with.



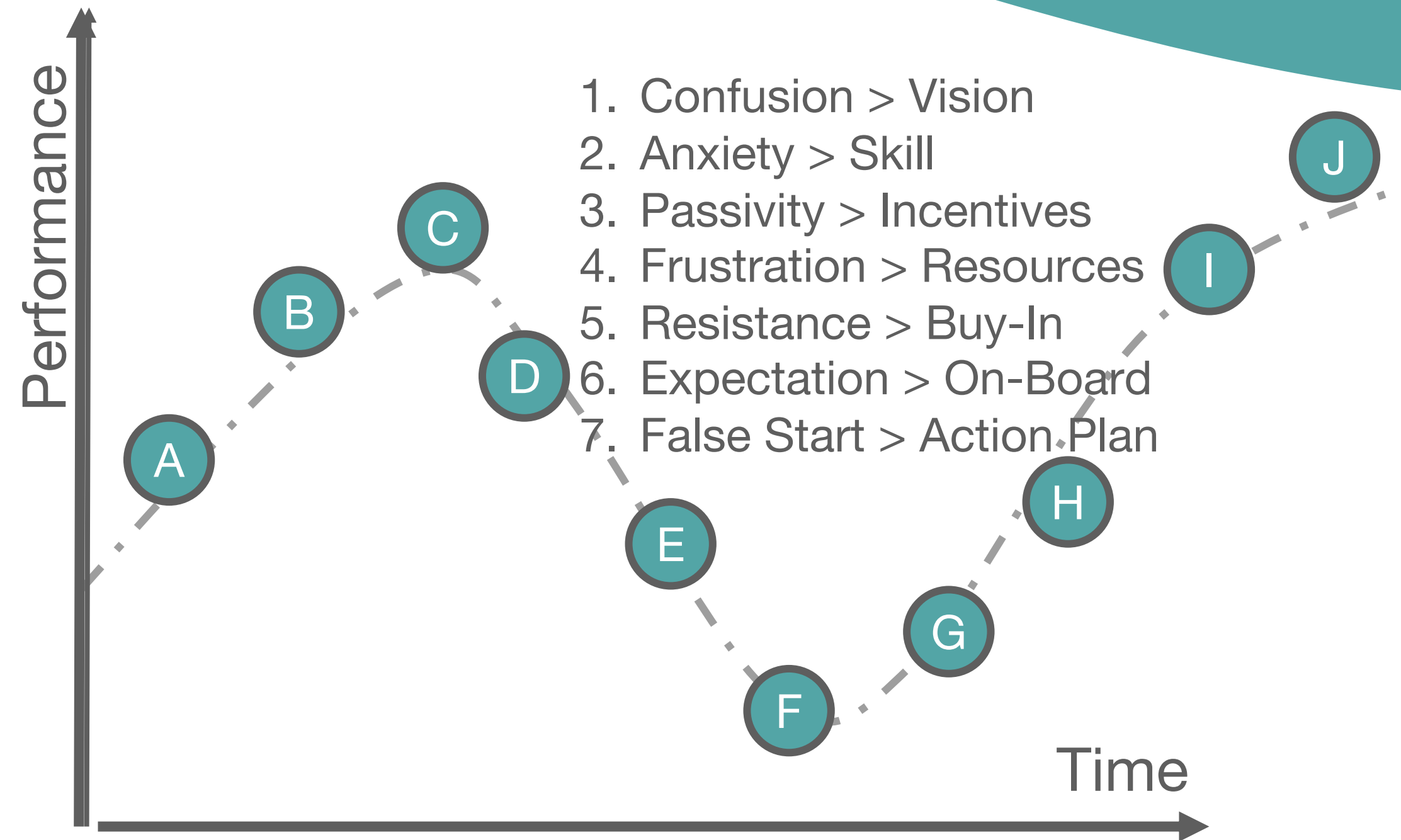
## **Business Mission**

My mission is to utilize breadth of skills and years of experience to provide tailored solutions in business consulting, change management, and personal development. I am committed to guiding organizations and individuals through their transformation journeys, offering expert project management, process improvement, and coaching services designed to achieve tangible results and foster sustainable growth



# Philosophy

To offer tools, templates and training to support at every stage of your transition and transformation.



**D x V x FS > R.** The change equation is expressed as Dissatisfaction x Vision x First Steps > Resistance to Change.



## Values

**Consult:** I am dedicated to consulting with clients to understand their unique needs and provide tailored solutions.

**CoCreate:** I believe in co-creating with partners, fostering collaboration to innovate and achieve shared goals.

**Deliver:** I am committed to delivering exceptional results, ensuring every project is completed to the highest standard and on time.



## **Key Products**

Change Management Advisory

Project Management & Oversight

Teaching Facilitation & Workshops

Individual and Team Coaching

Business Analysis and Process Improvement

Records and Data Management



# **Change Management Advisory**

Change & Communication Planning Advisory

Leadership and Management Facilitation

Change Readiness Audit

Workshop Change Awareness

Workshop Communication Styles

Workshop Conflict Styles



# Project Management & Oversight

Business Requirements

Contract and Project Assurance

Set-up Project Management Office

PRINCE2 Project Management / Agile Scrum-Master

Test Planning and Management

Training Planning and Delivery



# Teaching Facilitation & Workshops

Business / Project / Process Feedback

First Line-Manager Training (CMI Level 3)

Manager Training (CMI Level 5)

Change Team Training and Toolkit

Process Improvement Team Toolkit



# Individual and Team Coaching

Personal Coaching / Mentoring

Management Coaching / Mentoring

Team Building

Performance Coaching

Team / Project Based Coaching/ Facilitation



# **Business Analysis and Process Improvement**

Product and Profit Improvement

Workflow & Processes Mapping

Business Process Improvement

Systems & Technical Documentation



# Records and Data Management

Records and Data Audit

Privacy Notices

Data Sharing Agreements

Data Protection Impact Assessments

Data Subject Access Requests

Board, Managers and Colleagues Training



## Key Experience

**PROGRAMME OFFICE:** set-up Strategy, Projects and Change Office

**GDPR CONSULTANCY:** for Jersey Charities, Ports of Jersey, Care Homes

**INTEGRATION PROJECTS:** Supporting, streamlining 3 Medical Practices

**AQUISITION PROJECTS:** \$20m acquisitions in UK, Luxembourg, Canada & Guernsey

**PROJECT DIRECTOR:** Health and Social Services Governance Review

**INVESTOR DIRECTOR:** Oversight of process & business growth for investors

**TRANSFORMATION:** Integration / commercialisation of Harbours and Airport

**OPERATIONS CHANGE:** RBSI & NatWest Bank

**CHANGE PROJECTS:** Incorporation Jersey Post Office



## Engagement Options

Day-Rate: £700/day

Retainer: £500/day (for 10 days+ per month)

Fixed-Price

Capped

On-Site or Remote

Associate or Sub-Contractor



## Typical Feedback

Tim's approach will always help you explore and reveal more options and solutions. Tim knows how to motivate and guide you to find and achieve your goals. His ideas and way of thinking are built to help you eliminate any challenges you might face. Happy to have worked with him and would warmly recommend to anyone.



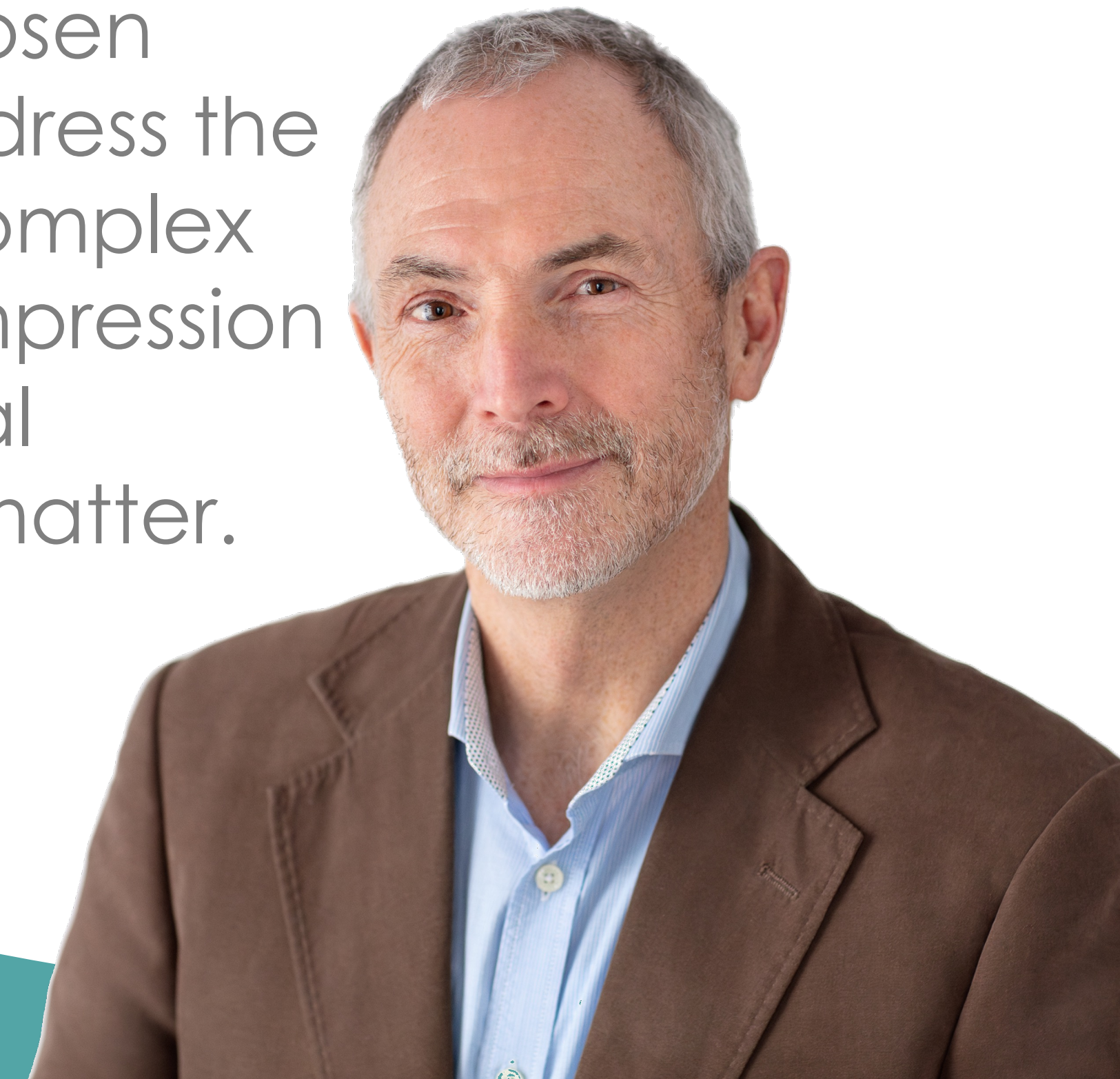
## Typical Feedback

Tim's style, manner and pragmatic approach has been very valuable. He has helped us to implement simple, yet robust project management processes and governance. His commercial knowledge combined with PRINCE2, Scrum, and Agile has been useful to create an approach which works for our business. His contribution will have a positive and lasting effect on the way we work as a team.



## Typical Feedback

From the outset Tim's style, manner and pragmatic approach distinguished him from other consultants. For one, he was deeply knowledgeable and enthusiastic about the topic and we had a real sense of being supported by someone with a clear focus on achieving our objectives. Tim was happy to adopt our chosen preference for one to one engagement and desire to address the detail of the practical implications. He was able to distil complex matters into readily understandable actions. Our lasting impression of Tim's work with us is one of ease of communication, total commitment and a reassuring knowledge of the subject matter.



## Typical Feedback

Tim played a pivotal role in the early stages of James' Ark, offering invaluable support that significantly influenced our progress. His guidance and assistance were instrumental in shaping our pathways, refining our products and packages, and laying the groundwork for securing funding. Without his expertise and dedication, navigating the complexities of establishing our organization would have been considerably more challenging. I would recommend Tim to anyone and he will always be someone I am extremely grateful to have met.



## Follow

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## Contact

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