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In 2001 I found myself providing Human Resources consulting services inside a world-renowned financial services company, the height of my career. After completing Organization Development training (NTL, Maine) I was regularly assigned to support business units facing significant challenges and opportunities: mergers, downsizing, even the IT group facing the millennial crisis! In providing HR support I grew to love serving leaders and their teams, helping them to accelerate positive change at work and in their personal lives through training and coaching.

A serious illness helped me to rethink my priorities and my passions. I began to take better care of myself and decided to increase my exposure and impact on the world. In 2001 I became a solopreneur serving brilliant leaders in diverse industries and fields. I found I craved the variety and noticed that leadership challenges were both universal and unique.

The complexity of the world has increased in the last 17 years and I have worked to keep pace – and to help others develop skills to continue to thrive. I explored behavioral science and human development theory, earning Mastery as an Integral Coach™ and then a Masters degree from the University of Guelph – where my major thesis focused on the leadership expectations of gamers.

Today I am pleased to be working with leaders and students across the globe and at all levels of authority and experience, offering coaching programs to break old habits and establish new ones. I take teams on learning journeys to become more cohesive and effective. As an HR Advisor, I like to roll-up-my-sleeves and co-create innovative and practical programs that consciously develop cultures of choice. I have a growth mindset and from that stance strive to provide a balance of tough challenge and loving support which enables others to reach their goals.

QUALIFICATIONS:

- Certified Integral Master Coach™, Ottawa, Canada (since 2007) – and faculty member developing leaders and students around the world
- Professional Certified Coach, International Coach Federation (since 2009)
- Certified in Leadership Agility 360° Instrument and Myers-Briggs Type Indicator
- MA (Leadership) University of Guelph 2014
- Certified Senior Organization Development Professional (Canada) June 2014
- Proficient in Enneagram, Dynamical Systems, Non-Violent Communications, Transition Management
- Insured Member of Human Resources Professional Assn. (HRPA)