

Julian Humphreys PhD, PCC

Ontario



Julian is a Professional Certified Coach providing Executive Coaching, Leadership Coaching, Career Coaching, and Relationship Coaching to senior leaders in both the public and private sectors.

As an experienced coach, Julian helps his clients focus on what's important to them, providing the right balance of challenge and support so they achieve their development goals. His clients appreciate his ability to understand the context within which they operate, provide feedback with sensitivity and directness, clarify their thinking, and turn thinking into action. The end result is long-term positive impact from each coaching engagement.

BUSINESS EXPERIENCE

Julian has been an independent consultant since 1999, first partnering with senior leaders on communications and business strategy before transitioning into leadership and executive coaching. He has taught at universities in Canada and the US, both in professional areas (communications, creativity, collaboration) and in academic areas (philosophy, psychology). He is the founder and editor-in-chief of one of the leading coaching journals, *Philosophy of Coaching*, and has presented at international coaching conferences in the US and Europe.

PROFESSIONAL EXPERTISE AND SERVICES

Executive and Leadership Coaching

Leadership Training

360° and Leadership Assessments

Emotional Intelligence

Team Coaching

Career Transition

Conflict Resolution

Facilitation

EDUCATION & CERTIFICATIONS

International Coach Federation – ACC, PCC Accreditation

Certified Professional Co-Active Coach (CPCC), Coaches Training Institute (CTI)

Additional training in: Organizational and Relationship Systems Coaching (ORSC),

Emergent Essence Dynamics (EED), Acceptance and Commitment Therapy (ACT),

Dialectical Behaviour Therapy (DBT), Existential Psychotherapy

PhD Education, University of Toronto

“Julian had incredible skill in guiding me to my areas of greatest need and challenging me to work through difficult situations.”

“Julian Humphreys is an excellent coach. He skillfully guides conversations and dissects issues while allowing his client an opportunity for self-discovery along the way.”

“Julian will forever have a positive impact on my personal and professional journey.”

“Julian Humphreys gets my highest recommendation as an executive leadership coach.”