

## Wendy Woods MBA, CPCC

Ontario



An energetic and transformational Coach, Trainer and Speaker with hands-on business experience dedicated to achieving results for leaders, teams and their organizations

Having worked in high-stress and complex environments, Wendy brings her unique experience to help clients thrive in today's 24/7 organizations. Wendy's passion for championing others, blended with her particular expertise, enables her clients to overcome barriers to create and exceed their goals and aspirations.

### BUSINESS EXPERIENCE

Wendy's corporate experience spans several industries including Financial Services, Oil & Gas and Technology. Her leadership and dedication to serving clients empowers them to create greater success for themselves, their teams and customers. For over a decade, she has been designing and delivering corporate training programs with impact. Wendy has authored articles that have appeared in *The Rotman School of Management Magazine* and *Your Workplace*.

### PROFESSIONAL EXPERTISE AND SERVICES

Emotional Intelligence

Career Transition

Leadership Development

Executive Coaching Mindfulness

### CERTIFICATIONS AND EDUCATION

Certified Professional Co-active Coach – Coaches Training Institute

University of Toronto – Certificate in Transformative Mindfulness Methods

University of Toronto – Certificate in Applied Mindfulness Meditation

St Francis Xavier University – Certificate in Adult Education

University of Toronto – MBA

University of Western Ontario – Honours BA

*“Wendy is an inspiring speaker with the ability to keep her listeners engaged. The session I attended provided great insight into my own personality and my habits as well as tools for making the changes required. I left the session feeling positive and energized.”*