

# Wendy Woods MBA, CPCC, ACC

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	Leadership Development
Career Transition	Executive Coaching
Mindfulness	

## SAMPLE CLIENT LIST

American Institute of CPAs	Credit Valley Hospital	Medtronic
Johnson & Johnson	Dun and Bradstreet	Pfizer
Ronald McDonald House	University of Toronto	Symcor
TD Bank Financial Group	University Health Network	Scotiabank
Vale Limited		

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### RECENT COACHING & TRAINING SUCCESSES

- ◆ After working with Wendy, a coaching client who was unhappy, unmotivated and stuck in his current role decided to go out on his own. He is now happier and more motivated than he has ever been in his career.
- ◆ Worked with a senior leader to help identify triggers that prevented him from being the leader he wanted to be and also caused him to waste precious time. He is now better at self-management and responding to his team and colleagues in a more effective and professional way.
- ◆ Delivered two workshops to a leadership team to help them realize the importance of Emotional Intelligence and identify specific strategies to help them increase self-awareness and empathy. Team is demonstrating greater collaboration and leadership skills.
- ◆ Coached a manager to be more collaborative and demonstrate greater effectiveness and confidence with the senior leadership team.
- ◆ Worked with a client who had a total lack of confidence in her abilities and was stuck in her business unable to move forward. By working with Wendy, she has developed the confidence she needed and her business has been thriving.

### CERTIFICATIONS AND EDUCATION

Associate Certified Coach – International Coach Federation  
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