



MANDY GEDDES

Mandy is an Accredited Certified Coach (ACC) with the ICF. Mandy has been working in and around the coaching industry since 2001 and is passionate about the change that is possible through coaching. She supports leaders to understand themselves fully, for more positive relationships and increased performance. Mandy is an avid reader and a regular writer and traveller, with a 35-year yoga habit. She is happiest when walking in nature or when cooking or dining with family and friends.

TESTIMONIALS

“Mandy is extremely approachable, authentic, non-judgmental, and helpful. Her manner helps coaching clients feel comfortable and safe to explore issues. I found our sessions to be incredibly helpful.”
- PEOPLE & CULTURE MANAGER, CONSTRUCTION

“Mandy made me feel comfortable to open up and be vulnerable, she asked powerful questions to help me work out where I wanted to go and helped me explore some options for how to get there. She also helped me to see things I didn't see before - and that insight has been remarkable and keeps our sessions on track.”
- PROFESSIONAL COACH & LEADERSHIP CONSULTANT

“Mandy's capacity for deep listening, her calm and considered wisdom and her egoless presence has made it super easy for me to invest trust.”
- RETREAT LEADER & AUTHOR

QUALIFICATIONS & ASSOCIATIONS

Accredited Certified Coach (ACC), ICF ▪ Accredited Coach, Level 3, IECL ▪ Certified Team Coach, IECL ▪ MA Adult Education (University of Technology, Sydney) ▪ Grad Dip, Vocational & Workplace Learning, UTS ▪ Member: Association for Coaching, International Coaching Federation (ICF), EMCC, IECL.

COACHING EXPERIENCE

Mandy embarked on her coaching journey in 2001 when she began her training with IECL. With over two decades of coaching experience, her passion and expertise have grown stronger over the years. Through her coaching, Mandy challenges and supports leaders in their growth, encouraging them to embrace fresh perspectives, think holistically, and take positive actions. She firmly believes in the potential for change in every individual and sees coaching as the missing link that provides the catalyst for change. Mandy's clients encompass executives, senior leaders, emerging talent, and solo entrepreneurs, spanning industries from private enterprises to public institutions and non-profit organisations.

COACHING STYLE AND APPROACH

Renowned for her leadership insights, Mandy integrates the practice of mindful reflection into achieving outstanding performance. She seamlessly blends ancient wisdom with modern demands to enhance both performance and wellbeing. Mandy empowers her clients to amplify their influence, define their purpose with clarity, cultivate a strong vision, and foster lasting contentment. Drawing from her extensive background in business, her practice of self-awareness, and her vital relationship with nature, Mandy introduces an inventive and holistic approach to achieving success through interconnected systems.

BUSINESS EXPERIENCE

Drawing from an impressive 35-year business background, Mandy's professional voyage spans multiple nations, cultures, and industries. She has embraced work environments in the United States, Canada, Australia, and India. Across her dynamic corporate journey, ranging from market research and publishing to coaching, Mandy's versatility and triumphs shine through. Whether in leadership or supportive roles, she's recognised for her proactive approach and ability to drive results. This diverse experience distinctly equips her to infuse her coaching practice with pragmatic real-world insight.

AREAS OF EXPERTISE

- **Approachability and Authenticity:** Mandy creates a safe and welcoming environment for coaching clients. Her non-judgmental attitude fosters openness.
- **Insightful Perspective:** Mandy has a talent for helping her clients see new perspectives, bringing about remarkable shifts in understanding, and growth.
- **Deep Listening:** Mandy's capacity for deep listening and calm presence provides the cornerstone of her coaching style.
- **Guiding Self-Exploration and Clarity:** Mandy helps individuals to explore their aspirations and navigate their own path toward growth and fulfillment.

PREVIOUS ENGAGEMENTS

- Over six sessions a senior official in banking and finance used the coaching as a valued sounding board at a time of career crossroads.
- Mandy worked with a solo entrepreneur over eight sessions to identify his next steps in business development and promotion.
- A senior leader in an NGO was assisted to clarify her approach to seeking and winning a significant workplace promotion.