



NICOLA O'REILLY



COACHING EXPERIENCE

Nicola is an experienced coach in a variety of areas: leadership, transition, wellbeing, developmental, career change and feedback. Coaching takes place face-to-face or virtually. Nicola has worked across multiple industries and sectors; private, public, education and not-for-profit with industries including, financial services, media, software, construction, legal, defence, electronics, mining, transport, marketing, and wealth management.

COACHING STYLE AND APPROACH

Nicola has an empowering, strengths-based, transformational style with a focus on engaging individuals to take control of their own development, enabling a reconnection with core beliefs, values, and underlying motivations. Her approach consistently results in significant shifts in attitude and behaviour, leading to sustainable, high-performance results both personally and professionally.

BUSINESS EXPERIENCE

Nicola worked for global multinationals across Europe and Australia for 12 years. She began her career in sales, moving into trade marketing and then leadership development roles. In 2002, Nicola was relocated from Europe to Australia with a remit to transform leadership development and coaching across ANZ and the design, facilitation, and implementation of key leadership programs across the USA, Europe, Asia, and Russia.

AREAS OF EXPERTISE

- Transition coaching for those entering more senior leadership positions
- Coaching high talent and high potentials
- Coaching for performance, resilience, and wellbeing
- Coaching for emotional intelligence
- Developmental coaching for leaders facing complex challenges and/or change
- Strengths-based coaching
- Coaching as part of leadership development programs
- Debrief and feedback coaching

PREVIOUS ENGAGEMENTS

- GM, Financial Services – coaching with focus on interpersonal and communication skills to heighten trust and build an effective, high talent team of professionals.
- GM, Transport – coaching through a complex, nation-wide change, and reform program.
- GM, Media – coaching with focus on effective leadership strategies to enable exponential growth and keep up with the speed of change globally.
- Director, Construction – coaching with a focus on building resilience, delivering superior results, whilst creating life balance.
- C.E.O, Software – coaching with a focus on behavioural flexibility, succession, and empowerment strategies.
- GM, Defence – coaching with a focus on self-awareness, values, confidence, and executive presence.

Nicola is a Professional Certified Coach (PCC) with the ICF, who stretches, challenges, and supports leaders across a variety of industries. Prior to becoming a professional coach in 2004, Nicola had a strong corporate background.

Nicola is passionate about animals, her family, and the beach! She is married with two children, and is also a trained pet therapist, visiting residential homes with her dog Archie which gives her immense joy.

TESTIMONIALS

“Nicola asks pertinent (hard) questions easily and with a smile. This coaching was the best thing I have done in 10 years. It opened my eyes to potential that I did not think I had. It has given me confidence to tackle the issues that were holding me back.”

- GM, ENGINEERING

“I enjoyed every session with Nicola. They were always well structured and addressed topics that were of importance to me. I highly recommend Nicola as a coach.”

- GM, SOFTWARE

“The coaching provided me with the opportunity to bring in real examples of how behaviours were playing out in my life and made me conscious about how to operate differently to achieve stronger outcomes.”

- GM, DEFENCE

QUALIFICATIONS & ASSOCIATIONS

Professional Certified Coach (PCC), ICF ▪ Accredited Coach, Level Three, IECL ▪ Principles of Organisation Coaching, IECL ▪ Certificate in Team Coaching, IECL ▪ MA (Human Resource Management) ▪ Graduate (Chartered Institute of Personnel and Development, UK) ▪ Diploma in Positive Psychology and Wellbeing ▪

DIAGNOSTICS

LSI/GSI ▪ MBTI ▪ FIROB ▪ Hogan Development Suite (Master) ▪ TLC ▪ Lominger Leadership Architect ▪ NLP Master Practitioner ▪ TMS ▪ RAW ▪ GLWS ▪ Genos EI