



MONICA CABLE

Monica has over 18 years' executive coaching experience with leaders at all levels across a wide variety of organisations in the private, public, and not-for-profit sectors.

Monica has a passion for the arts, particularly theatre, movies, and music. She also enjoys cooking, travelling, and spending time with her family and large dog – a Groodle.

TESTIMONIALS

"You have changed my life. It's been enlightening to work with you and I'm so grateful. You have helped me to transition effortlessly to my new role, think more strategically and have greater impact as a leader."

- EXEC DIRECTOR, NSW GOVERNMENT

"Monica's quiet, non-threatening, but questioning style allowed me to effectively explore my career goals and gave time for effective reflection. Monica helped me to better understand my natural leadership, management and thinking style, and those of my colleagues."

- CFO MULTI-NATIONAL ORGANISATION

"I am very grateful to you, Monica, for your help. My experience of coaching with you was a catalyst for extraordinary personal and professional development."

- PARTNER, PROFESSIONAL SERVICES

QUALIFICATIONS & ASSOCIATIONS

Professional Certified Coach (PCC), ICF ▪ Accredited Coach, Level Three, IECL ▪ Advanced Supervision Skills, The Supervision Federation, UK ▪ M. Counselling, UWS ▪ Member, Association for Coaching (AC), International Coach Federation (ICF), Australian Institute of Directors (AICD)

DIAGNOSTICS

Human Synergistics LSI/LI ▪ TLC ▪ GLWS ▪ HBDI ▪ Hogan 360

COACHING EXPERIENCE

Monica has over 18 years' coaching experience working with senior executives in both private and public sectors – predominantly in finance, higher education, government, and telecommunications. Monica coaches face-to-face or virtually. She has had extensive experience in coaching counterparts to prepare for or transition to a new role. She collaborates with coaching counterparts to increase individual self-awareness, communication, and responsibility, improve the alignment of intellectual and emotional abilities, and unite the goals, aims, interests and values of the individual and the organisation.

COACHING STYLE AND APPROACH

Monica uses a strengths-based, whole-systems approach. She combines this with evidence-based research and practices from the fields of appreciative inquiry, narrative coaching, positive psychology, and mindfulness. Her collaborative pragmatic style allows coaching counterparts to engage in reflective yet challenging coaching conversations. Coaching counterparts report that these frequently lead to a transformational change in their self-awareness, sense of responsibility, leadership style and performance outcomes.

BUSINESS EXPERIENCE

Prior to her executive coaching career, Monica worked in executive search, recruitment, outplacement, and HR management in financial services. As a result, she developed a deep knowledge of different organisational cultures and systems and how these impact staff at every level. Monica also managed her own private psychology practice. Her background and experience in this area have contributed to giving her a thorough understanding of the drivers of human behaviour. Alongside her coaching career, Monica runs supervision sessions for coaches either individually or in small groups. She supervises many of Australia's top coaches bringing another layer of depth to her approach.

AREAS OF EXPERTISE

- Transformational executive coaching for leaders facing complex challenges
- Developing high potential talent as part of development programs
- Transition coaching for those new to the organisation/role
- Coaching for developing increased wellbeing and performance

PREVIOUS ENGAGEMENTS

- Deputy Commissioner, NSW Government – coaching assisted transition to their new role.
- Provost, Higher Education – coached to develop skills and confidence with new team.
- EGM, Financial Services - coaching enabled coaching counterpart to strengthen leadership presence and re-define role.
- CEO, Not-for-Profit - coaching assisted in transitioning to new role, particularly in influencing the Board and other key stakeholders.
- GM, Retail Bank - coaching enabled coaching counterpart to enhance leadership capabilities and develop greater strategic ability.