



MANDY GEDDES

Mandy is a Professional Certified Coach (PCC) with the ICF. Since 2001, Mandy has been 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 a highly proficient and experienced organisational coach, bringing her wealth of knowledge on coaching to her coaching approach. She has a very supportive coaching style and inquisitive presence, holding space for both exploration and vulnerability, at the same time dialling up the right amount of challenge to create enough discomfort to enable my progress and personal growth. I can highly recommend working with Mandy.”
- CIVIL ENGINEER, LOCAL GOVERNMENT

“I had the pleasure of being coached by Mandy, and it was a rewarding and insightful experience. Her creative approach and safe space allowed me to explore my inner dynamics and patterns. I was able to shift my perspective, take massive action, and improve my work-life balance. I now state my strengths with conviction and stand up for my values. Thank you, Mandy, for the invaluable sessions!”
- ANALYTICS LEADER, IT

QUALIFICATIONS & ASSOCIATIONS

Professional Certified Coach (PCC), ICF • Accredited Coach, Level 3, IECL (PIECL) • 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 has been coaching since 2001 and is a passionate advocate for an “ask, not tell” approach to all things in life. She firmly believes that all conversations can be improved by asking great questions and truly listening to the answers. With over 500 hours of coaching practice, Mandy is a Professional Certified Coach (PCC) with the International Coaching Federation (ICF) and a PIECL Coach with the Institute of Executive Coaching and Leadership (IECL). Her coaching expertise is underpinned by decades of professional and personal experience, making her a trusted partner in her clients’ growth journey.

COACHING STYLE AND APPROACH

Mandy’s coaching is grounded in recognising the infinite potential within her clients. She works quickly and calmly to uncover what may be getting in their way, whether that be a mental model, a physical impediment, or something within their broader system. She actively listens for limiting beliefs and narratives, helping client’s “re-author” their stories to live as the resourceful, whole, and powerful individuals they truly are. Her clients benefit from:

- New perspectives and fresh insights
- A calm and steady presence that fosters clarity and spacious thinking
- A non-judgmental, truly listening ear
- Practical, down-to-earth, and solutions-focused coaching

BUSINESS EXPERIENCE

Mandy brings extensive professional experience to her coaching practice. She has worked within a variety of organisations over many decades, with a background in market research and marketing, spanning publishing, retail, not-for-profit, and education. Her leadership roles at middle and senior levels provide her with a deep understanding of organisational dynamics. Beyond her corporate experience, Mandy integrates her decades-long yoga and meditation practice into her coaching, offering a holistic perspective. She also holds a master’s degree in adult education and is the author of several books.

AREAS OF EXPERTISE

- Leadership and management development
- Overcoming imposter syndrome
- Building confidence and clarity
- Identifying and shifting limiting beliefs
- Supporting sustainable personal and professional growth
- Providing a sounding board for strategic thinking

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 of his services.
- A senior leader in an NGO was assisted to clarify her approach to seeking and winning a significant workplace promotion.
- An aspiring leader found her confidence and voice, letting go of limiting narratives and feelings of imposter syndrome that held her back.
- A busy lawyer re-examined his life choices, to prioritise goals that ultimately fed into a successful promotion within his existing firm.