

Biography



Suzi Skinner

FORMAL EDUCATION QUALIFICATIONS

Masters Applied Science (Coaching Psychology), University of Sydney 2004
Graduate Diploma Applied Science (Coaching Psychology), University of Sydney 2002
Graduate Certificate Applied Science (Coaching Psychology), University of Sydney 2001
B. Arts (Psychology Major), University of Sydney 1991
Member of International Coach Federation (ICF)
Member of University of Sydney Coaching & Mentoring Association (USCMA)

PREVIOUS INDUSTRY & CORPORATE EXPERIENCE

2006	Director, Exec Coach/ Health Coach - Selftalk Pty Limited	
2004-5	Director & Executive Coach	- RedPill Performance Consultants
2002-3	General Manager	- A.S.K.Coaching,A.S.K.Solutions Group
2000-1	Senior Management Team	- Vodafone: Global Product Management & Marketing
1997-0	Senior Management Team	- Telstra: Corporate & Retail
1993-7	Senior Global Buying Roles	- Specialty Retailing & Woolworths Group

INTERNATIONAL & NATIONAL CLIENT EXPERTISE

Over 1500 hours Coaching expertise. Including clients in the US, UK, Latin America, Saudi Arabia, Hong Kong, Netherlands and Germany.
Suzi is currently Coaching Senior Managers in each of these regions and has ongoing relationships with businesses internationally as well as in Australia.

COACHING, MENTORING & FACILITATION EXPERIENCE

Suzi has both formal and informal Coaching and mentoring experience across a variety of industries.

Suzi is currently Coaching managers across the IT, Entertainment, Financial Services and Telecommunications industries.

Her Coaching expertise specialises in working with senior and middle Managers to enhance their workplace performance developing leadership, management competencies and interpersonal skills in the workplace.

Suzi is also focused on helping individuals develop effective personal frameworks for enhanced wellbeing outcomes. She is particularly passionate about helping clients overcome stress and embed successful strategies for health and wellness.

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ASSESSMENT TOOLS

Suzi is accredited in the following assessment tools:

Full Range & Transformational Leadership
Full Range Leadership Development Plan
Personality Inventory & Leadership series
Personality Profiling
Priority Management Profiling
Sales Attitudinal Profiling
MAC (Manager as Coach) Scale

SKILLS PROFILE

Executive Coaching

- Enhancing intra-personal & inter-personal skills in the workplace
- Effective management planning & strategic thinking
- EI & Effective staff management
- Individual wellbeing & work/life satisfaction

Leadership

- Leadership training and development of Leadership competencies
- Effective Leadership skills training & coaching

Teams

- High Performing Teams & team development
- Solution focused teams and re-teaming
- Team Coaching

Facilitation & Coaching

Mentoring

Strategic Business Consulting

Training Specific Programs

- Coach the Coach Programs
- High Performing Teams
- Leadership
- Managing Change
- Systems in Organisations

New Manager Programs

- Management Competencies

Wellbeing Programs

Stress Management Programs