



## COACH PROFILE: BELINDA MERRY

### COACHING BACKGROUND



- Certified Graduate, Coach U
- Certified Coaching Clinic<sup>®</sup> Facilitator, Corporate Coach U
- Personal Coaching Styles Inventory<sup>®</sup> (PCSI) Accredited
- Master Certified Coach (MCC), International Coach Federation
- Immediate Past President, International Coach Federation Australasia
- BSc in Physics and Mathematics

### QUOTE

"My coaching style has been described as supportive, authentic, challenging, informative, developmental, intuitive, and fun."

### BUSINESS/CAREER HISTORY

- Director, **merrymentality** pty Ltd
- Author, the Professional Coach's Business System Revisited
- Senior Faculty, Coach U
- Assistant to Group Vice President, General Motors Corporation

### COACHING NICHE AREAS

- Work Life Balance
- Increasing Sustainable Energy
- Values Identification
- Communication
- Leadership
- Strengthening Personal Foundations
- High Potential Employees

### INDUSTRIES

Banking  
Education  
Government  
Health  
Insurance  
Financial Services  
Manufacturing  
Retail  
Sales & Marketing  
Entrepreneurs  
Creative Arts



## BIOGRAPHY BELINDA MERRY

Belinda Merry coaches leaders and emerging leaders to have increased sustainable energy. Her coaching clients include executives and senior managers within organisations, small business owners and a handful of newer coaches whom she mentors. Her client list includes companies such as Shell, ANZ, Seek, IAG, Westpac, JC Riley, government departments and owners of SME's.

Extensive experience in the business world from both a corporate and small business perspective, along with Belinda's formal coach training, has given her an insight into the correlation between enjoying a healthy lifestyle and achieving professional success. Her exposure to people who are driven to succeed, but at a very high cost physically, spiritually and emotionally, enabled her to see the 'juggernaut' that many employees and business owners are on. Belinda was determined to do something that put back into the community and inspired others to have increased sustainable energy.

In 1999 she established **merrymentality**, and with her business partner developed the concept of WorkStyle™, integrating work and lifestyle. As a founder of **merrymentality** and a WorkStyle Warrior, Belinda is passionate about inspiring people to discover and design their own WorkStyle™.

work + lifestyle = WorkStyle®

Belinda is a personal and business coach, who studied physics but started her career as a business administrator. This powerful mix of the creative and linear gives her a unique approach to coaching and the business of coaching. Belinda is the author of the Professional Coach's Business System® and The PCBS Revisited which are being used by coaches worldwide. She is an ICF Master Certified Coach (MCC) and is passionate about coaching and growing the coaching pie. Belinda has over 4,500 one-on-one coaching hours, and with clients in Australia, New Zealand, Asia, the USA, Europe and the UK, her coaching practice is truly international.

She is an active member of the International Coach Federation (ICF) and is the Immediate Past President of the International Coach Federation Australasia (ICFA). Belinda is the First Vice President of the Asia Pacific Alliance of Coaches (APAC). She holds a Bachelor of Science from the University of Melbourne and a Graduate Diploma in Business Systems from RMIT University.

Belinda is an internationally sought after coach trainer and facilitator for Coach Inc. She leads both teleclasses and in-person programs in Australia, New Zealand, Asia and the United States. Belinda is also a Licensed Facilitator for Corporate Coach U's Coaching Clinic® offering strategic corporate coaching skills for managers, executives and leaders. She is passionate about creating a coaching culture within organisations. Belinda creates and leads customised support programs for leadership and coach training to deepen understanding of concepts and support application and transfer of skills learned.

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