



SANDY RUSSELL, BA, CHRP, CPCC, PCC
Executive Coach



As a Coaching Partner with Corporate Symphony International, Sandy is a certified coach, facilitator, course designer and trainer with a 15 year background in HR and employee & organizational development. Sandy brings a passion for inspiring and developing people to realize their full potential in leadership & life, along with a strong personal commitment to delivering high quality business results.

Sandy has worked in a variety of industries in Canada and abroad, including 16 years in financial services. Her experience with top employers such as VanCity and Citizens Bank of Canada has given her valuable insight into the leadership qualities that contribute to the creation of a healthy workplace culture.

Sandy is a national facilitator for the Canadian Credit Union system (CUSOURCE) and has extensive experience supporting individuals and teams at all levels of the organization to improve performance in the areas of leadership development, effective people management, change management, team cohesion, assertiveness and managing conflict. An area of specialty is helping people managers realize their leadership potential and its impact on employee engagement and corporate culture.

Sandy has been coaching leaders for 10 years both as an internal coach and in private practice since 2002. Sandy empowers her clients to tap their inner wisdom, leverage their strengths, move beyond challenges and create values-based action in their personal and professional lives. She challenges them to increase self-awareness, learn, grow and step more fully into their personal power. As a volunteer group coach with The BC Minerva Foundation's award winning program, "Helping Women Work", she enjoys supporting women in their search for meaningful and rewarding work.

As a graduate of the Coaches Training Institute (CTI), Sandy holds the designation of Certified Professional Co-Active Coach. She is also a Professional Certified Coach (PCC) through the International Coach Federation. Sandy has a Bachelor of Arts (Psych) degree from the University of British Columbia and studied at Queen's School of Business. She is a Certified Human Resource Professional (CHRP), a Birkman coach and a certified *Habitshift* coach. In addition, she has advanced coaching training in Organization & Relationship Systems (ORSC), a leading edge model for coaching teams, groups, leaders & business/personal partnerships