

# Angelina Eynon

Angelina is a highly experienced executive coach and facilitator. A former management consultant, she has over twenty years experience working with individuals and groups within ASX-listed corporations, professional service firms, State and Federal government departments, local councils and the not-for-profit sector, both in Australia & the United Kingdom. Angelina also lectures Masters students in the Business Faculty at Monash University in a positive psychology-based leadership development unit.

## **Coaching philosophy and approach**

Angelina's approach is positive and challenging, evidence-based and practical. She draws upon current academic research from the fields of positive psychology, appreciative inquiry, positive and authentic leadership development, resilience, psychological capital and mindfulness training: tools she has been working with for over a decade as an early adopter of positive psychology interventions in Australian leadership development training. Her strength is in bridging the gap between theory and practical application to help individuals and groups become more authentic, whole and integrated.

## **Industry knowledge and experience**

Angelina is coaching at senior levels in numerous of the top 20 ASX listed companies, and has a strong track record of achieving results at an individual, team and organisational level. She has worked with senior executives as well as middle management and emerging leaders.



## **Qualifications & Memberships**

Grad. Dip. Psychology, Melbourne University (not yet completed)

Grad. Dip. Communication (Arts), Monash University

Bachelor of Arts, (Politics & English), Australian National University

R2 Strengths Profiler Individual and Team Profile Accredited

DISC Accredited; MEWS Well Being Inventory Accredited; HBDI Accredited

Russ Harris's Acceptance & Commitment Training, Intro & Advanced Programs

Certificate IV in Business Coaching

Certificate IV in Training & Assessment

Member of the International Positive Psychology Association

Member of the International Coaching Federation.