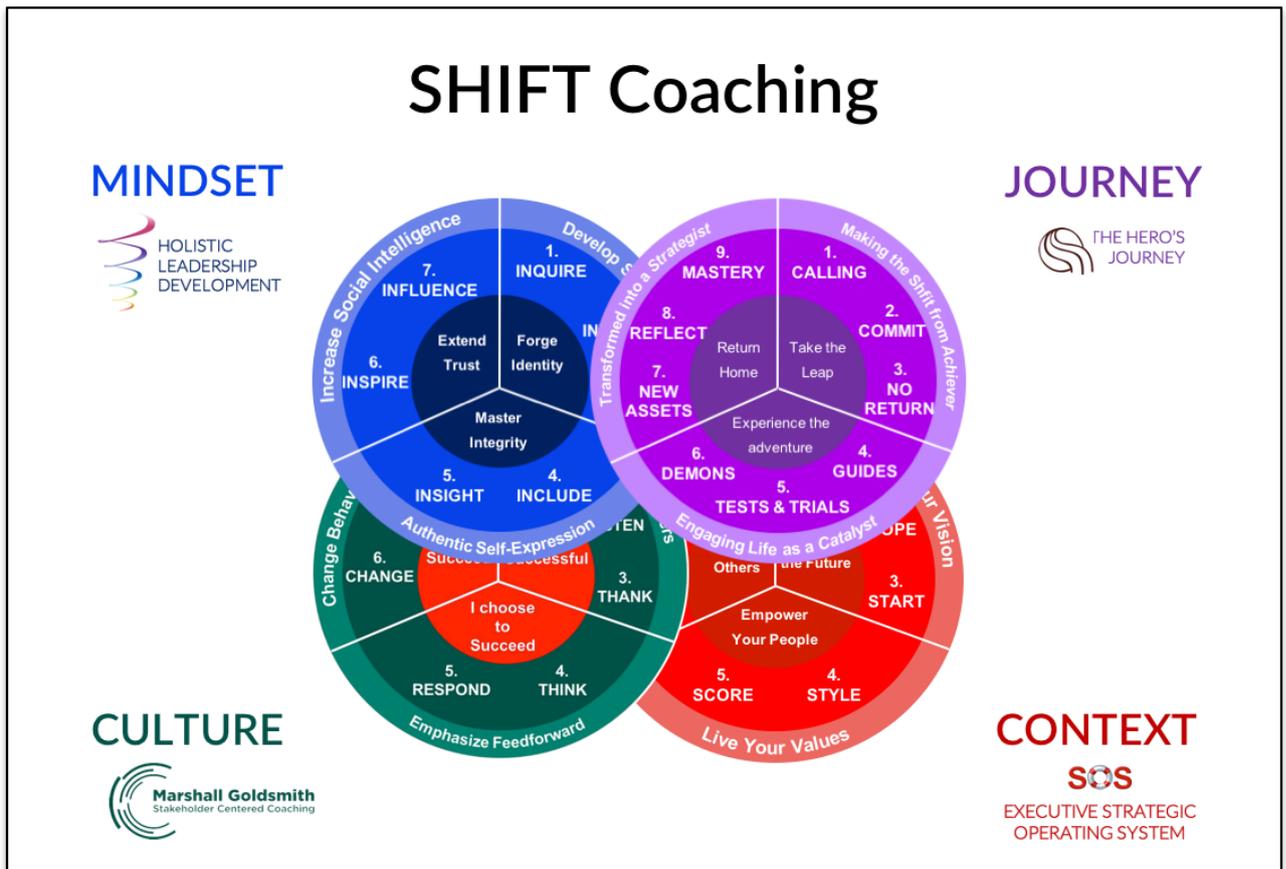


Executive Coaching & Consulting Profile



Antoinette Braks

PhD(c) MBA.LBS MA LLB(Hons) BA Dip Intl Mktg(Hons)

Fellow AHRI | Member ICF

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Antoinette helps clients integrate strategic paradigm shifts with agile authentic leadership development to guide and support executives on their Hero's Journey and ignite a social ripple effect that renews and uplifts the organization's culture. She takes a systems dynamics approach to one-on-one, team and group coaching to generate inspiring leadership and thriving organizations.

Antoinette quickly enables senior executives to make quantum leaps in leadership capacity through strategic leadership, holistic development and career coaching.

She enables clients to expand their perspective and deepen their self and social awareness so they can confidently navigate uncertainty and complexity, illuminate their shadow and trust their insights while collaborating authentically with others. She was assessed as a "Strategist" in 2010, placing her amongst the 5% of executives who realize this level of maturity in adulthood.



Professional Experience

Her extensive 3,000+ coaching hours (MCC) with over 200 senior executives builds on 15+ years in regional management roles with Shell in London, Korn Ferry AsiaPac and Vector NZ, innovative energy company.

Antoinette has worked as a Consultant and Coach with CEOs, C-suite and Senior Executives, Executive Teams and whole organizations of 1,000 FTE across many industry sectors to help them articulate strategic paradigm shifts in their industry. Her work has led to quantum leaps in people engagement (+30% in 6 months), leadership effectiveness (+20% in 12 months), and business performance (revenues doubled!!).

She uses a range of transformative 3rd evolution coaching models including adult stage development, mindfulness, psychodynamics, collaborative narrative, neuroscience, AQAL integral theory, ontological and transpersonal coaching. Her clients quickly become more effective, collaborative and transforming leaders. They learn to work with inner and outer conflict, resolve reactive patterns, re-engineer system dynamics, embrace diversity and confidently lead others to realize synergistic business and community outcomes.

Antoinette has coached C-suite and Senior Executives, Executive Teams, and small and large groups (75) of senior leaders in banking and finance, corporate, IT and HR services, engineering, energy, resources and transport sectors, NFPs and across the NSW public sector. Clients include Allianz, Businesslink, HSBC, Hydro, Relationships Australia, UGL and Westpac, as well as the Departments of Education, Family & Community Services, Finance & Services, Health, Police, Primary Industries and Transport.

Qualifications & Accreditations

Antoinette is in the final stage of completing a PhD in the Psychology of Postconventional Leadership Development at the Macquarie Graduate School of Management (MGSM) in Sydney. She holds an MBA from London Business School, an MA in Management Research (MGSM), a Dip Intl Mktg (Hons) and graduated LLB(Hons) BA (Political Science) from the University of Auckland. Antoinette is a Fellow of AHRI and a member of the Executive Leadership Team of the International Coaching Federation in NSW.

She employs a variety of coaching and consulting models including adult stage development, positive psychology, mindfulness, psychodynamics, narrative, neuroscience, AQAL integral theory, ontological and transpersonal coaching, and has a range of certifications from recognized global organizations:

- Certificate of Organisational Coaching with the Institute of Executive Coaching and Leadership
- Certified Coach with Marshall Goldsmith Stakeholder Centered Coaching
- Certified Leadership Coach with the Newfield Institute of Ontological Coaching
- Certified Coach with The Leadership Circle Executive and Team Culture Profiles
- Certified Global Leadership Profile Coach with Action Inquiry Associates

Antoinette is also the author of Executive SOS – 7 Steps to a Proven Strategic Operating System so executives can unlock creativity, double their productivity, empower their people, engage their stakeholders, enhance their presence, lift their profile and achieve breakthrough results!

She is a perennial student attending conferences and courses across her wide spectrum of interests, and reading broadly across consciousness, sustainability, philosophy, psychology, spirituality and neuroscience.



*The higher our self-expression and the deeper our self-awareness,
the richer our life experience and the greater our soul evolution. ~ Antoinette Braks*

TESTIMONIALS

"Occasionally we meet folks who bring a unique perspective to strategic conversations, creating new thoughts, ideas and innovative thinking. Antoinette is one such person, drawing on a wonderful knowledge and understanding in so many aspects of life and business." ~ Richard Boggon, Regional Director Transport Infrastructure Services at Parsons Brinckerhoff

"Antoinette's Program is unique in that it takes a holistic approach to transformation. She is a collaborative intuitive whose depth of knowledge in leadership development is unsurpassed. In a short period of time she has galvanized the organisation in a way that is remarkable due to her ability to engage with, and understand how people operate.

She is a collaborative intuitive whose depth of knowledge on adult development is incredible and she has clear insight into what drives different behaviours that are manifested in the workplace. She has clear insight into how to make momentous changes in perspective.

Her strong strategic focus, business acumen and gracious understanding of people mean that you will gain far more than you may expect. Did I say there was a whiff of culture change in the air? Well I mean there is a gale force wind blowing and the organization and its people are the ultimate winners." ~ Anne Cosgrove Executive Director People & Culture at FACS | Services NSW

"I enjoy my coaching meetings with Antoinette principally because I find myself uncomfortable. She continually challenges my normalized way of thinking. The coaching is not a linear process. It's emergent, disruptive and even disconcerting - that's where the magic is. Antoinette considers things from a deeper dynamic perspective. Her focus on embracing our uniqueness is inspiring and amazingly effective." ~ Greg Ellis EGM Opal Transport for NSW

"Antoinette is a master of motivation and spiritual wizardry! After every session, I leave feeling inspired and motivated with a sense of awe and wonder of my own unlimited potential. Her exuberant energy and zest for life is contagious yet she provides an architectural framework providing structure and support. How refreshing to have been blessed to have her as my executive coach and to share our life experience in the transformation of the soul." ~ Anne Tucker, Manager HSE, Sydney Trains

"Antoinette is an extraordinary leadership coach who truly 'listens' from multiple levels. Her commitment to her own evolution and growth and her innate ability to access her vast inner wisdom and bring that forth into form to guide others is a beautiful and powerful gift. Couple this with her extensive knowledge and an

established (and tried and tested) suite of leadership development tools and approaches - and the result can only be WOW!

Antoinette's MAGIC formula has become the backbone of my own daily focus and intention, creating a passionate and powerful direction for the next part of my journey. She holds a nourishing space from which I have been able to reflect, rewind, rehearse and evolve. Antoinette, thank-you for shining so brightly. The world needs you!" ~ Nicola Vague, Manager Org Culture, Diversity and Inclusion at City West Water VIC

"Antoinette instigated a terrific collaboration with us by leading a Strategic Off-Site for our new Executive Team. It was an invigorating and extremely productive two-day session to set our strategic direction and the leadership culture we wanted.

We ran a values program around CONFIDENT Leaders designed and led by Antoinette that enabled the top 75 leaders become more self-aware and develop the courageous authenticity and team accountability we needed to uplift our performance.

Antoinette's broad strategic perspective and deep insights into mindfulness, emotional intelligence and personal power stimulated a significant shift in our capacity to collaborate with our business partners to build a thriving sustainable agricultural sector in NSW." ~ Michael Bullen DDG DPI Agriculture

"Antoinette was an engaging, skillful, intelligent, challenging and enthusiastic person to work with. She integrated many new initiatives to transform our culture creating momentum from which results soon flowed. The terrific speed of success was due to her great ability to engage with the leaders and ensure that the adopted strategies were well understood and effectively implemented to drive toward the desired outcomes. She was a vital source of energy and inspiration in setting our new course and getting us going!" ~ Pat Richards, CEO Businesslink FACS

"Antoinette is a sensitive, creative and highly gifted coach. Her ability to coach senior leaders through the strategic maze of government while they balance their personal development is her strength. She is an Executive Coach of the highest calibre." ~ Jane Simmons, Executive Director of Public Schools

"It is rare to come across someone as dedicated and passionate about her work as Antoinette is. I worked closely with Antoinette in a culture change program and learned immeasurably from the experience. Antoinette's ability to manage multiple projects and tasks whilst skillfully leading a company-wide transformation program was a pleasure to watch and be a part of. I truly miss her verve and enthusiasm and would recommend her to any organisation who is looking for a dedicated and passionate change leader." ~ Phillip Richards, Facilitator Businesslink

"I took up coaching with Antoinette to become more strategic and confident. Her fast-paced approach mixing theory and practical advice was extremely helpful. She is a challenging and energetic coach who held me to account in the nicest possible way. I always looked forward to our meetings because I knew that I would learn something new and useful. I now have a framework to approach strategic issues and many tools and techniques to draw on so I can hold my own in a senior executive environment. I would not have thought this possible a few years ago." ~ John Langron Group Executive Director HSE

"My time with Antoinette will forever have a positive impact on my approach to leadership I found her perspectives to be thoughtful and insightful, and her connection with mind, body, spirit revolutionized my thinking and, most importantly, my actions.

Antoinette helped me strengthen my ability to

- Deliver a consistent vision personally, professionally
- Drive growth and development through people
- Encourage risk taking and accountability, and
- Nurture self-awareness and reflective practice.

Antoinette has a unique ability to recognize, understand and explain complex leadership issues and, along the way, there have been some surprising personal realizations. Her mentoring makes me a better person every day, both at work and at home.

Attuning my inner self and harnessing my authenticity to be more innovative and strategic brought me unique opportunities as an Executive Director working in government and awoke the inner warrior in me to lead my organization to success." ~ Gary Groves Regional Executive Director FACS

"I had the privilege of Antoinette supporting me recently in my goals to advance my career and was extremely impressed. Her ability to provide constructive feedback was invaluable and insightful from the first meeting. Our interactions allowed me to reflect on my purpose and consider a more holistic appreciation of the impact of my body and verbal language in the C-suite environment.

She really invested in my success and I recommend her to others focused on extending themselves to realise their career aspirations." ~ Craig Chambers EGM Strategy, Portfolio and Innovation Energy QLD

"Someone recommended Antoinette to me as I was preparing for the next step in my career - and I'm so glad they did! She helped me greatly to recognise and harness my strategic abilities, to rethink my approach to some work challenges and brought a positive, energizing presence to all our meetings. I would highly recommend Antoinette as an Executive Coach." ~ Sue Nelson, Manager Communications and Media Relations at Copyright Agency Viscopy

"Antoinette was exactly what I needed during 2016 - someone who had the vision and clarity to challenge, encourage and support my planning and preparation for the next step in my career. It was great to have someone with honesty, integrity as well as exceptional emotional intelligence and useful practical tools to help me on the journey." ~ Guy Collishaw, Program Director at Transport for NSW

"I had the wonderful experience and pleasure of working one-on-one with Antoinette Braks. At the time, I was dealing with a very complex personal and commercial situation which she was very quick in understanding the holistic picture.

Her commercial experience together with insight into situational dynamics and personality traits greatly assisted me in breaking the complexity down into manageable pieces to find positive forward moving paths. Importantly she gave me the confidence and courage to implement what I considered prior to our sessions an almost insurmountable course of action." ~ Belinda York Director Dynamic Modular Constructions

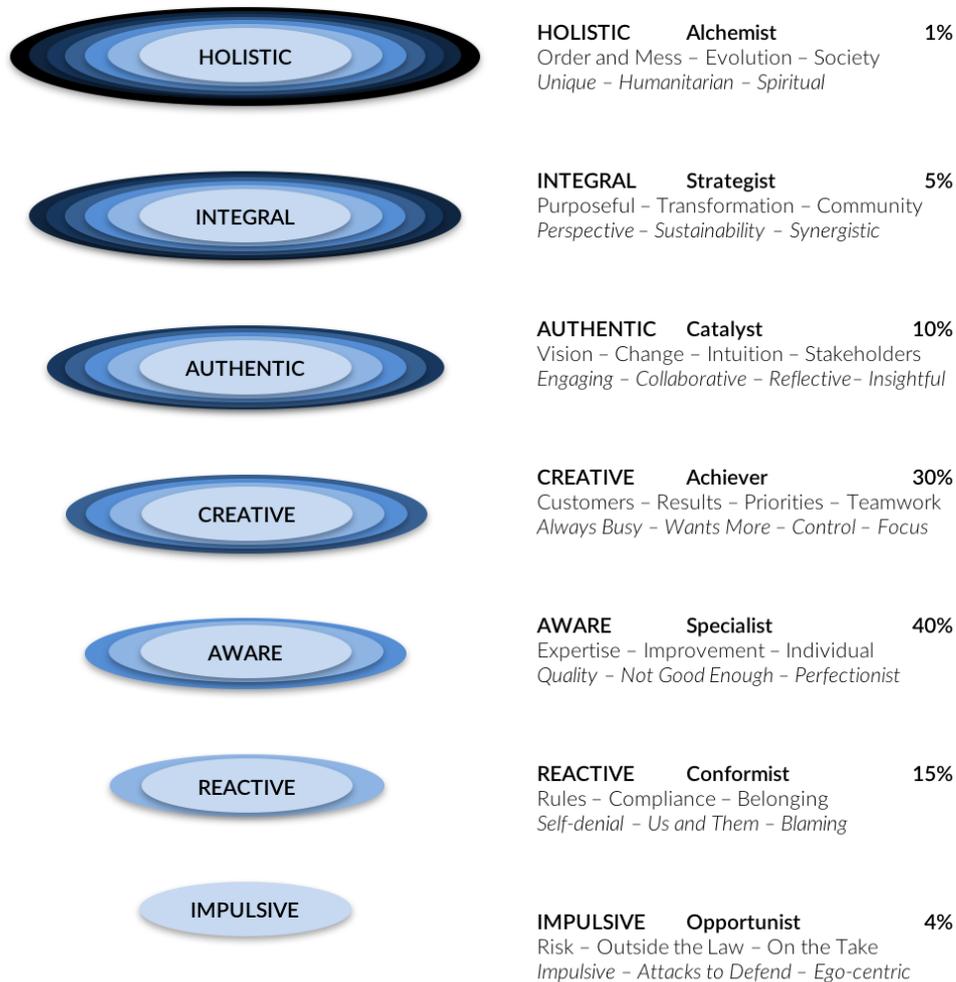
"When I first saw Antoinette, I was fatigued, stressed at work and not enjoying life. In the very first meeting, the underlying issues were exposed.

Antoinette shed light on my life and revealed things that I simply had not seen or understood. She had a positive, forward-looking approach that made me feel optimistic. Antoinette helped me work through changes in my org structure to enable me to focus on the higher strategic issues I enjoy. And most importantly, she addressed my whole-of-life progression, not just my work-life." ~ Richard Host CIO at Fire & Rescue | Finance & Services NSW

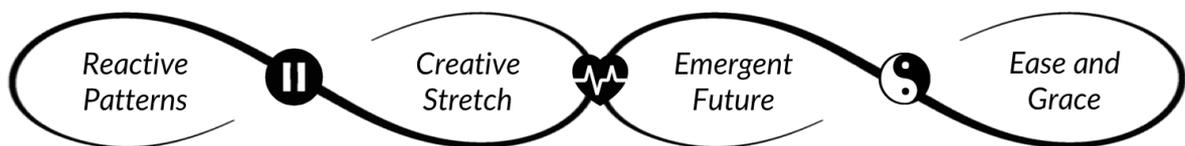
"Antoinette has helped me to remodel how I write, talk and feel about myself and my skills, enhancing my strategic expression and guiding me through a career transformation. I have found her to be an inspirational, knowledgeable and captivating Coach and I would highly recommend her to anyone seeking clarity, new direction and heightened courage." ~ Deborah Hailstones Director Horticulture R&D

"While working with the Board and Management Team, Antoinette helped us to turnaround our national Association. Her commitment to bringing our vision to life and focus on results, inspired us to achieve much more than we thought was possible. Her style is fast-paced, insightful, strategic, always positive and encouraging. Her high energy level literally "swept us up" and moved us along. Together we achieved audacious goals, developed a national profile and became a significant influencer of government policy." ~ Judith Speight Former Chairman TUANZ; MD Accelerating Aotearoa

STAGES OF LEADERSHIP DEVELOPMENT



The Energy Fields of Our Life Experience



Imagine our life experience as a Figure-8 operating system around our anchoring point. As we shift through the stages of development our life experience alters: from struggling and striving, to thriving and inspiring. Our focus shifts from the past and future to the present. Our perspective shifts from “more now faster” to “synergistic sustainability”.

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