

Barbara Heilemann

Executive Coach March 2010

Barbara Heilemann is a Director of Positive Leadership, based in Melbourne, Australia. She has been practicing as an Executive Coach since 2005, after over 20 years in the corporate sector. Barbara's background is as a Chartered Accountant, tax and audit, Banker, Lecturer and Marketing Strategist as well running as her own business. She also holds a board position in a not-for-profit agency.

Barbara specialises in coaching women destined for Partnership, Senior as well as Executive Director roles and Non Executive Directorships. In her business, Positive Leadership, Barbara specialises in the niche of working with women, helping organisations to build the critical mass of senior women in Australian business and on boards. She is particularly successful in helping women re-ignite their ambition and confidence. Much of her work is based on her academic research in this area.

Barbara's approach is 'strengths based'. She blends her knowledge of financial and business services with her experience as a manager, researcher and teacher. People are not problems to be solved, the coaching approach is to bring out the best in each person to enable them to fulfil their potential.

At senior levels many people are fatigued by diagnostics that focus on yet another set of factors about themselves that they need to 'improve' and solution focused coaching that implies there has to be a problem to be fixed. Our focus is to help a client to be their best: mentally and emotionally, in the whole of their life. We focus on understanding what is causal to clients' success and thriving to date, what drives the person to greater satisfaction and success, what positively distinguishes them from others, how to leverage it, and how to maintain and sustain a sense of thriving, career direction and success. We take issues and problems as a given in the lives and careers of senior people, and can work with a solid knowledge of the professional, political and organisational contexts in which they exist. Coaching is about taking time out to truly think about yourself, and have the coaching support for structured reflection, to learn relevant new tools, to build new positive mental habits and to chart a course of your own choosing.

The foundations for Barbara's coaching approach are steeped in academic rigour and are based in the fields of Positive Organisational Scholarship, Appreciative Inquiry, Positive Psychology and the latest neuroscience. Barbara maintains strong academic through her teaching at Monash as well as professional links in these fields internationally. She has been a selected and invited speaker at numerous international and Australian conferences, and will in 2010 present at the prestigious Academy of Management international meeting in Montreal, the Australian Positive Psychology Conference and the Women's International Networking Conference in Europe, lead an Australian Delegation to the Women's Forum for the Economy and Society in Deauville, France, and teach as adjunct faculty on the Case Western Reserve University, Weatherhead School of Business, Certificate for Appreciative Inquiry Certificate in Positive Business and Society Change in Australia.

Positive Leadership Pty Ltd

7/60 Flinders Street
Melbourne Victoria
Australia 3000

ABN: 47 106 393 471
telephone +61 3 9654 8882
www.positiveleadership.com.au

Jan Elsner Director
jan@positiveleadership.com.au

Barbara Heilemann Director
barabara@positiveleadership.com.au