



# ANNELIES M GENTILE, MA, PCC

INTEGRATIVE EXECUTIVE COACH . SPEAKER . FACILITATOR . AUTHOR . ARTIST

*Creative approaches for life, leadership and beyond*

## PROFESSIONAL SUMMARY

Guides individuals, teams, and organizations through change for personal and professional growth, including navigating grief that comes with uncertainty. Experienced executive coach supporting transformation in leaders and those they serve. International speaker and published author recognized for integrating elements of creative process, mindfulness and positive psychology into developing resilience for personal wellbeing and professional success. Moved government officials to cry, hospital executives to laugh, bank leaders to sing, athletes to draw, and entrepreneurs to sprout wings. Brings 33 years collective career experience in management, design and arts. Holds ICF-PCC credential and MA in Coaching. #resilience #humanize #presence

## PROFESSIONAL EXPERIENCE

### Executive Life, Leadership, Integrative Health and Wellness 2008 - Present Coach, Speaker, Author, Artist

Founder and CEO of Conduit for Change, LLC a resource for resilience and creative transformation offering life and leadership coaching, consulting and speaking services, Empowers people, fosters ideas and changes lives. Helps to navigate uncertainty with courage, creativity, and grace by facilitating impactful change, growth, and letting go.

- Coaches leaders, inspires and informs audiences and teams across diverse sectors including healthcare, non-profits, government, arts, science, tech, sales and small business.
- Delivers dynamic keynote speeches and experiential workshops, inspiring audiences to embrace change, learn mindfulness and wellness techniques to foster resilience, wellbeing, transformation, and human connection.
- Authored From Chaos to Calm :: Leading Change from the Inside Out, an invaluable guide to resilience— sense, solace and sanity for our rapidly changing world. Available on audio, Kindle, paperback and Wake and Durham County Libraries.

**CLIENT HIGHLIGHTS:** IBM, GSK, SAS, NCDOT, NCSU, City of Raleigh, Fidelity, Bank of America, Baptist Medical, Rex Hospital, UNC-Healthcare, WakeMed, Raleigh Chamber, US Center Refugees and Immigrants, Wake Forest Leadership, Pink Foundation, NC Bar Association, Campbell Law, Captrust Financial, Iron Mountain, Spring Arbor, Temple Beth Miami, NC Alliance of Mental Illness, many small businesses, faith leaders and others.

## TESTIMONIALS

*"Tender, transformative, necessary." ~ Rabbi Robin Fisher, Florida*  
*"Exceeded expectations. 5-Star! Practical and informative." ~ David Bohm, Director of Development, Campbell Law*  
*"Annelies motivates people to give and become their very best." ~ Wendy John, Director of Diversity, Fidelity Investments*  
*"Inspiring, educational and rejuvenating. Needed in such a time of chaos and crisis." ~ Jennifer Jones, Director of WakeMed Organizational & Workforce Development, Health & Hospitals*

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Raleigh, NC

## PROFESSIONAL CREDENTIAL

Professionally Certified Coach (PCC):  
International Coach Federation (ICF)  
2016 - Present

## EDUCATION

MA Health & Wellness Coaching  
Maryland University of Integrative Health  
2013 - 2015

Graduate Studies in Creativity, Conflict  
Transformation, and Peacebuilding:  
European Graduate School, Switzerland  
2012 - 2013

Graduate Studies in Transformative  
Leadership: Tai Sophia Institute, Maryland  
2012 - 2012

Bachelor of Arts: Liberal Studies: Creative  
Process and Social Change: St. Augustine's  
College: Raleigh, NC  
2010-2012

Associate of Arts: Visual Art  
Wake Technical College: Raleigh, NC  
2005-2008

## EXPERTISE

- Personal/Professional Development
- Executive Leadership Coaching
- Integrative Health and Wellness
- Interactive Keynote Speaking
- Retreat, Workshop Facilitation
- Conflict Transformation
- Change Management
- Positive Psychology
- Resilience Building
- Creative Process
- Arts Integration
- Design Thinking
- Team-building
- Mindfulness
- Grief

**PERSONAL SUMMARY**

*I believe when we tend our humanity, we mend the broken parts in other areas too. Everything is connected. Being uniquely qualified in both leadership and wellness categories, I help tend the human at work, and in life. From an ontological perspective, I nurture individuals, groups and audiences through tough conversations and to build new bridges towards what's next and beyond. This helps support empathy, wellbeing and to rebuild trust. Learning to let go is a big part of working with me. I've witnessed many people carrying hidden grief from feeling disconnected and from so much change. My innate gifts are listening and presence. I help you remember who you are, and to play on strengths, focus on the good. Everyone deserves continuous opportunities to flourish, to seek truth and freedom, and to discover their relationship to the whole. I work from a place of compassion and aim to cultivate happiness, success and peace. It's an honor to be of service to help you achieve all your goals.*

**PROFESSIONAL EXPERIENCE CONTINUED****Conduit for Change, LLC****2008 - Present**

Annelies employs an ontological design, nature-based creative process model to coach, support, nurture, and lead people through personal and professional change. She works one-to-one and speaks/facilitates groups and audiences, Contributes growth in the following areas:

- **Professional Development:** transformative leadership, change management, career transition, workplace wellness, communication, navigating difficult conversations, conflict transformation, inclusion, team dynamics, imposter syndrome, and ideation
- **Personal Transformation:** stress reduction, wellbeing, mindfulness, life change, divorce, relocation, relationships, anxiety, addiction, grief, direction, focus, confidence, creativity, wellbeing, retirement, purpose, spiritual nurturing, philanthropy, legacy, death and dying
- **Keynote Speaker/Facilitator:** Leads dynamic, interactive, experiential experiences that stir conversation, human connection and creativity for conferences, events, retreats, and ceremony. Presents virtual and in-person on various topics within her expertise.

**ADDITIONAL PROFESSIONAL EXPERIENCE****Operations Manager :: Rank Group Hard Rock Cafe****Dubai, UAE****2003-2004**

- Responsible for management of staff, leadership, customer relations, scheduling, continuity, food safety, cultural awareness, religious restrictions and general operations at Hard Rock Café' in Dubai, UAE.

**North Carolina Theater :: Designer, Department Manager****Raleigh, NC****1995-2003**

- Responsibilities included but were not limited to leadership, department supervision, design, and continuity while working closely with star performers under high-stress deadlines and challenging conditions.

**Matrix Essentials International+ :: Regional Educator****Southeastern USA****1995-1996**

- Educated hairdressers state-wide on product knowledge, color theory and organized educational seminars for global corporations including Matrix Essentials, Logics, Zotos International and Paul Brown.

**CLIENT SUCCESS STORY HIGHLIGHTS**

- Coached "Dan" 48, CFO to up-level career from law to servant leadership non-profit executive, then secure over \$1 million in-kind donations.
- Coached "Sue" 59, Executive Director of coastal community outreach center, through catastrophic changes after multiple hurricanes.
- Coached City of Raleigh executives three years consecutively for leadership development programs, including serving infrastructure, emergency, fire-fighters and police directors facing budget and staff cuts.
- Coached "Jo" DEI Executive through two new positions, team-dynamics, personal relationship changes, grief of parent's illness then passing and embracing creative retirement to live out her dream overseas.

**THINGS TO KNOW**

- Maintains excellent professional standards as aligned with ICF (International Coach Federation).
- Engages in on-going client support, program development, community outreach and networking.
- Experienced with Myers-Brigg, 360, Tilt, Hogan Assessments and Positive Intelligence training.
- Designs curriculum for integrative experiences, seminars and programs that encourage support for leadership development, positive behavior change, emotional intelligence, communications, ideation, creative expression, growth potential, goal achievement, grief support, philanthropic aim and legacy.

**ADDITIONAL EDUCATION**

- Positive Intelligence PQ Training w/Shirzad Chamine 2024
- InterPlay Teacher Training 2018 & 2024
- Laughter Yoga Teacher Training 2023
- Mindfulness Teacher Training Certification/Hatha Yoga 2010
- Health Rhythms Teacher Training 2009
- Landmark Education Forum Leadership Training 2002
- TEFL Certification Teaching English as Foreign Language 2005

**PROFESSIONAL EXPERIENCE CONTINUED****UNC-TV :: Department Artist & Production Assistant****Durham NC 1994-2003**

- Responsibilities included but were not limited to leadership, department supervision, design, and continuity while working closely with political and community leaders under high-stress deadlines and challenging conditions. .

**VISUAL ARTIST (View ART at [www.anneliesgentile.com](http://www.anneliesgentile.com))****1992- present**

- Creator of inspiring interactive pieces of art, paintings sculpture and experiences that engage, educate, transform and transcend. From photography to fabric, paint, copper and steel, works have been displayed from the UAE Embassy in Washington DC to commissioned private residence art valued at 5K+ to live performance paintings produced on-stage for large conferences.
- Annelies' work titled *Out of the Frame a Leadership Game* (2015) was painted live at the ICF Raleigh conference and is now used as insightful change management tool for perspective, creativity and collaboration.

**FREELANCE DESIGNER, MANAGER, PRODUCER, DIRECTOR****1992-2008**

Worked as a personal hair, wig and make-up designer for celebrities, production assistant for film productions, department head manager for National Broadway Tours and NC Theater; largest regional theater in the Southeast, UNC-TV on/off camera talent, and much more, including producer/director of an award-winning short film.

- Political and entertainment celebrity clients - list available upon request. Clients included former NC Governors Bev Perdue (8 years), Mike Easley, and James Hunt.
- Broadway productions and national tours - list available upon request.
- Produced the *Journal at Lake Johnson* short film featuring a personal memorial for my father turned community journal service project. Also featured on NPR's Dick Gordon The Story (twice). Over 1.5 million views on Youtube.

**PERSONAL ATTRIBUTES**

- Empathy, compassion, kindness, excellent interpersonal skills, high emotional intelligence, direct and bold with compassion
- Creative, self-motivated, leader, critical thinker, big-picture future thinker, visionary, pro-active problem-solver
- Familiar with speaking basic conversational Spanish and Dutch languages
- Diversity conscious, very comfortable with all cultural differences, a great bridge-builder, peacemaker, respectful
- Very experienced with death, dying and grieving process, cycles of change, transformation and emergence
- Well-traveled: 22 countries and 48 US states, including Cuba, Dubai and the UNESCO city of Fez, Morocco

**BOARD LEADERSHIP, VOLUNTEER  
COMMUNITY SERVICE, MEMBERSHIPS**Member: Business Professional Women  
2024Member: Raleigh Astronomy Club  
2022-presentVolunteer: US Center Refugees & Immigrants  
2020-presentMember: Institute of Noetic Sciences  
2017-presentVolunteer: NCSU Caldwell Fellows  
2018-presentBoard Member: Triangle Art Works  
2016-2020Board Advisor: Center Human-Earth Restoration  
2012-2015 & 2020-2022Board Member: NC Art Therapy Institute  
2011-2012Intern: Chrysaleye Consulting, LLC  
2012-2012Intern: ARTStream  
2011-2012Intern: Tilt Leadership Inc.  
2011-2011Volunteer: Rotary and Kiwanis Club  
2005-2007Volunteer: AIDS Service Agency  
1993-1998Volunteer: Rex Hospital  
1993-1995Volunteer & Board Advisor De Vieken Dutch  
Club  
1986-presentVolunteer: Raleigh Little Theater  
1993-1995Volunteer: Unitarian Fellowship  
1992-1995