

As a leadership coach, Natalie is a firm believer that you can create a career and life that bring you energy and fulfillment. While her background in corporate leadership at companies like Southwest Airlines, Oracle, and RSM McGladrey prepared her well for coaching, it is her experience leading others to success that makes her a sought-out coach and mentor. Natalie founded Natalie Mendez Coaching to work with individuals who are ready to move their career and life to the next level and who are seeking support and encouragement as they take their next steps.



Natalie's 20+ years in corporate positions have allowed her to develop the skills needed for success and to help others to do the same. Whether working with leaders at an executive level or those new to leadership, Natalie is passionate about helping others uncover and appreciate how their unique talents and skills contribute to their success. Natalie helps others to enhance their self-awareness, take bold steps forward, build resiliency and celebrate progress! Natalie believes that by focusing on these areas along with the fundamentals of building trust, communication and confidence, her clients are better equipped to hit their goals and achieve the success they desire. Natalie's clients describe her coaching style as encouraging and supportive with a healthy dose of direct and honest feedback. She helps to ensure that her clients achieve their immediate goals while learning the tools and skills that will set them up for success in the future. Natalie believes we can re-train our thoughts and therefore our actions and habits to overcome challenges in a healthy way that contributes to both personal and professional fulfillment.

Natalie previously served as a Leadership Coach for Southwest Airlines and was part of the team responsible for transforming Southwest into a Gallup Strengths based organization. Prior to that, Natalie led teams in Financial Planning and Analysis where she and her teams collaborated with executive level leaders and strategic business partners throughout the organization. Whether in the boardroom or meeting one-on-one, Natalie and her team successfully delivered and presented key insights to inform and influence planning and decision making. In addition to her excellent leadership successes, Natalie also has experience in recruiting, resource management, change leadership, and communication.

Natalie has a Bachelor of Science in Psychology, is an ICF ACC Certified Professional Coach, a Gallup Certified Strengths Coach and an Energy Leadership Index Master Practitioner. She is a member of the International Coach Federation (ICF), North Texas Chapter; Dallas Fort Worth Academy of Culture Ambassadors, and Women Helping Women to Network. Natalie serves as an officer on the board of Shared Housing, a Dallas based non-profit focused on breaking the cycle of homelessness for women and their children.