**CREDENTIALS SUMMARY:** Annelies has been a trusted guide for leaders, entrepreneurs, and executives since 1992. After a nearly two-decade career in theater and visual arts, Annelies transformed her talents from back-stage to the public and business sector. As a speaker, author and coach, she now serves executives, managers and professionals in transition working with individuals, groups and small teams helping them navigate change. Annelies has been a professional coach since 2008 and holds both a masters in coaching and ICF certification PCC. She served clients from fields of government, healthcare, law, education, non-profits, arts, tech, science and sales including IBM, Wake Forest Baptist Medical Center and the City of Raleigh Government. Helping leaders lead mindfully is her wheelhouse. Top areas of expertise: reducing stress, overwhelm and grief associated with change by building resilience, mindfulness and creativity.

**PERSONAL STATEMENT:** In an increasingly disconnected world, I believe it's important to cultivate creative ways to connect to one another and ourselves especially when facing or leading change. Because of this, I facilitate ripe and meaningful experiences for people to thrive, succeed and see what's possible.

## **EXPERIENCE STRENGTHS & SKILLS**

## Major Duties & Responsibilities as CEO of Conduit for Change, LLC:

- Coach, lead, and/or motivate leaders and/or groups of professionals to inspire outcomes of personal growth and professional development, well-being enhancement and/or to apply, engage and facilitate the client company/organization's mission or intended agenda, outcome or goal
- Manage problem-solving and critical thinking obstacles to help clients and/or participants so they may achieve their highest learning outcomes possible
- Design, manage, market and implement curriculum for integrative experiences, seminars and programs that best align with supporting behavior change, positive learning outcomes and achievement of the client's desired goals and ultimate success
- Maintain excellent professional standards as aligned with ICF (International Coach Federation)
- Engage in regular community outreach, networking, sales and speaking events

## **Client Relations & Support**

- Compassionately engages people to reach their highest potential, including working better together, leading more effectively, improving communications, accomplishing goals and catalyzing new ideas
- Enrolls, empowers, mentors and enlightens clients to discover innate problem-solving resources
- Open to customized experiences to yield sustainable results
- Honors diversity, working well 1:1 and with groups of all populations regardless of age, gender, culture, religion or orientation

## Administration & Management

- Experienced in facilitation of fundraising and event planning
- Experienced in planning, coordination and implementation of projects and deadlines
- Management of staff, volunteers, operations, budgets and continuity
- Proficient computer skills
- Successfully manages timelines, project deadlines and client desired outcomes

### **Personal Attributes**

- Self-motivated, creative, compassionate, driven, grounded, critical thinker, future thinker, visionary
- Pro-active problem-solver, masterful and compassionate enroller
- Holds excellent interpersonal skills and high emotional intelligence
- Familiar with speaking basic conversational Spanish and Dutch languages, dual citizenship with NL
- Very comfortable with all cultural differences, a great bridge-builder, peace-maker

## FORMAL EDUCATION

Master's Degree in Coaching Maryland University of Integrative Health	Laurel MA	2015
Conflict Transformation & Peace-building in Expressive Art European Graduate School	s Saas-Fee Switzerland	2013
Transformative Leadership Graduate Studies Tai Sophia Institute	Laurel MA	2010
Bachelors Degree in Liberal Studies concentration Social Char St. Augustine's College	nge & Creative Process Raleigh NC	2009- 2011
ADDITIONAL STUDY/CREDENTIALS		
Professional Coaching Certification (PCC) ICF International Coaching Foundation	Raleigh NC	2015
Landmark Education Forum Leadership Training	Greensboro NC	2002
PROFESSIONAL EXPERIENCE		
Executive Coach and CEO Conduit for Change, LLC Freelance Designer, Manager, Supervisor, Producer Operations Manager :: Rank Group Hard Rock Cafe North Carolina Theater :: Designer, Department Manager Matrix Essentials International :: Regional Educator UNC-TV :: Department Artist & Production Assistant	Raleigh NC Raleigh NC Dubai, UAE Raleigh, NC Southeastern USA Durham NC	2008- present 1992- 2008 2003- 2004 1995- 2003 1995- 1996 1994- 2003

**Client Relation Highlights:** IBM, Former Gov. North Carolina Bev Perdue, Former Gov. North Carolina Mike Easley, Wake Forest Baptist Medical Center, Rex Hospital, UNC-Healthcare, City of Raleigh Government, Wake County Government, North Carolina State University, Wake County Public Schools, Caldwell Fellows, Wake Forest Chamber of Commerce, Raleigh Chamber of Commerce, Bank of America, Fortune 500 Companies and non-profits such as IBM, United States Center for Refugees and Immigrants, Center for Human-Earth Restoration, Wind River, Full Circles Foundation, Wake Forest Leadership and the Pink Foundation.

Additional Employer Highlights: Wake County Public Schools, RTI Research Triangle International, Elon College, NBC-TV, Troika Productions, Big League Productions, North Carolina Theater, Zotos International, Paul Brown International

**Published Author:** From Chaos to Calm :: Leading Change From the Inside Out is part personal story, part philosophy and part guide book written to help professionals better navigate change in life, leadership and well-being. At its core, From Chaos to Calm is also a quiet call to wake up to our collective role and responsibility in solving our most pressing 21<sup>st</sup> century problems by cultivating creativity for resilience.

## **VOLUNTEER & LEARNING EXPERIENCES**

Caldwell Fellows	Raleigh, NC	2018-present
US Center for Refugees & Immigrants	Raleigh NC	2016- present
Center for Human-Earth Restoration 501-3c Program Facilitator & Board Member	Raleigh NC	2012- 2015
NC Art Therapy Institute 501-3c Board Member	Durham NC	2011- 2012
Chrysaleye Consulting, LLC Internship	Raleigh, NC	2012
ARTStream 501-3c Internship	Raleigh NC	2011
Tilt Leadership Inc. Internship	Raleigh NC	2011
AIDS Service Agency Volunteer & Art Donor	Raleigh NC	1993- 1998
Rex Hospital Volunteer and patient relations	Raleigh NC	1993- 1995
De Vieken Dutch Club Volunteer and active member	Raleigh NC	1986- present

## ADDITIONAL CERTIFICATIONS/AWARDS

Hatha Yoga & Mindfulness Teacher Training Certification	Raleigh NC	2010
TEFL Teaching English as Foreign Language Certification	Raleigh NC	2005
Honors: Alpha Kappa Mu Honor Society	Raleigh NC	2010
Award & Honors: St. Augustine's College	Raleigh NC	2010
Outstanding Achievement Art Competition: Women's Club	Raleigh NC	1989
Award: Fantasy Competition Mitchell's	Greensboro NC	1993-94
Award: Volunteer of the Year Raleigh Little Theater	Raleigh NC	1992-93
Dale Carnegie Scholarship	Cary NC	1992

# REFERENCES AVAILABLE UPON REQUEST

#### NATIONAL TOUR & REGIONAL THEATER/FILM EXPERIENCE

Worked as department supervisor on the following touring Broadway shows.

ALL SHOOK UP ANNIE GET YOUR GUN THE KING AND I SUNSET BOULEVARD EVITA: NCT YA YA SISTERHOOD UNC-TV- PUBLIC TELEVISION VITALINK MARKETING RTI International	hair department supervisor on tour hair department supervisor on Broadway Marriot Marque hair department supervisor on tour hair department supervisor on tour hair makeup <i>designer</i> and department supervisor on tour on set hair and wig artist production assistant/ on set hair make-up artist hair and makeup artist hair and make-up design	2007-2007 2000-2001 1998-1998 1998-2000 2000-2000 2000-2001 1997- 2008 2000- 2007 2002- 2006
RALEIGH LITTLE THEATER REYNOLD' S THEATER THEATER THREE, NYC MINETTA LANE THEATER, NYC LINCOLN CENTER, NYC	LEND ME A TENOR NUNSENSE KUDZU off-Broadway WOODY GUTHREY AND THE AMERICAN SONG off-Broadway IMPERFECT CHEMISTRY off-Broadway AHMAL AND THE NIGHT VISITORS off-Broadway	1994 1994 1997 72001 2000 1998
<u>Wake County Public Schools :: Head H</u> LES MISERABLES AIDA	air, Wig, Make-up <i>Designer</i>	2003 and 2007 2006
North Carolina Theater :: Head Hair, W FUNNY GIRL SOUND OF MUSIC MAME JOSEPH AND THE TECHNICOLOD JESUS CHRIST SUPERSTAR FAME FIDDLER ON THE ROOF FOOTLOOSE CHILDREN OF EDEN, WIZARD OF OZ EVITA SHOWBOAT CAROUSEL, GREASE SECRET GARDEN CINDERELLA SHENANDOAH DREAM GIRLS BIG RIVER SOUTH PACIFIC DIARY OF ANNE FRANK GUYS AND DOLLS RICHARD III CHESS 1776 OLIVER WEST SIDE STORY		2003 1997 2003 1997 & 2003 2002 2001 2001 2001 2001 2001 1998 1998 1998 1997 1997 1997 1997 1997 1997 1997 1996 1996 1996 1996 1996 1995 1995 1995

## LOCAL TOUR THEATER EXPERIENCE

Worked as local hair, wig makeup artist or dresser on the following touring Broadway shows in Raleigh NC

• MOVIN' OUT	2007
• RAT PACK	2007
• MAMA MIA	2006
• HAIR SPRAY	2006
• PETER PAN	2002
• BEAUTY AND THE BEAST	2001
• CATS	1996
• RIVERDANCE	1998
• MISS SIAGON	1998
• LES MISERABLES	1997
• SOME LIKE IT HOT	1997
• SCARLET PIMPERNEL	1997
• RAGTIME	1996
• DAMN YANKEES	1995
• SMOKEY JOE'S CAFÉ	1994

#### HIGH-PROFILE PRODUCTION CLIENT LIST

- North Carolina Governor
- Author/Architect
- Elon College
- UNC-TV
- NBC Nightly News
- CNN Senior Political Analyst
- Eboo Patel
- White House advisory council
- North Carolina Secretary of State
- North Carolina US Senator
- SAS, CEO
- Actor: Film and television
- All Shook Up Nat. tour
- Former North Carolina Senator
- Hello Dolly
- Former North Carolina Senator
- Former North Carolina Governor
- Former NC Gov First Lady
- Americal Idol
- Tony Curtis: Live
- Annie Get Your Gun
- Annie Get Your Gun
- Interview
- Sunset Boulevard
- Former North Carolina Governor
- Interview
- Bette Middler in Concert
- Dream Girls
- B-52'S in Concert
- Damn Yankees

Bev Perdue Sara Susankah contract contract Brian Williams David Gergen Interfaith Youth Core Syliva Jackson Elaine Marshal Richard Burr Ann Goodnight Andy Griffith Susan Anton Bob Dole Carol Channing John Edwards Mike Easley Mary Easley Clay Aiken Tony Curtis Bernadette Peters Tom Wopat Tom Selek Petula Clark Jim Hunt Patricia Neal Bette Middler **Juliette** Prouse B-52's Jerry Lewis

personal hair make-up 2007-2015 personal hair make-up 2006-2014 make-up 2010-2005 hair and make-up 1995-2008 make-up 2011 make-up 2011 make-up 2011 make-up 2011 hair and make-up 2010 hair and make-up 2010 hair and make-up 2009 2008-2009 hair and make-up hair and make-up 2007 hair and make-up 2006 2005 hair and make-up 2004-2008 hair and make-up hair and make-up 2004-2007 hair and make-up 2004-2007 personal hair make-up 2003 hair and make-up 2002 hair and make-up 2000-2001 personal hair make-up 2000-2001 hair and make-up 2000 hair and make-up 1998-2000 hair and make-up 1996-1998 hair and make-up 1998 hair and make-up 1997 hair and make-up 1995 1995 hair and make-up 1995 hair and make-up