

**Annelies M. Gentile, MA, PCC**

Conduit for Change, LLC

Integrative Life &amp; Leadership Coach . Speaker . Author . Artist

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Annelies is an Integrative Life and Leadership Coach, Speaker, Author and Artist with a Masters in Coaching and a knack for poking in a good way. She's helped thousands of leaders, entrepreneurs, executives and budding visionaries find focus to take bold brave action in their personal and professional lives— *saving money and sanity*. From managing burnout to nurturing creativity to tending grief associated with change, she's served thousands of professionals over two decades across fields of government, healthcare, law, education, non-profits, arts, tech, science and sales including IBM, GSK, City of Raleigh, Fidelity, Baptist Medical Center, UNC-REX, Campbell Law, NC Bar Association and more. With gift of presence, she gently calls you "back to center", facilitating inspiring retreats and conferences, wielding artful tools for perspective, progress and growth.

**PROFESSIONAL EXPERIENCE**

Executive Coach and CEO Conduit for Change, LLC	Raleigh NC	2008- present
Freelance Designer, Manager, Supervisor, Producer	Raleigh NC	1992- 2008
Operations Manager :: Rank Group Hard Rock Cafe	Dubai, UAE	2003- 2004
North Carolina Theater :: Designer, Department Manager	Raleigh, NC	1995- 2003
Matrix Essentials International :: Regional Educator	Southeastern USA	1995- 1996
UNC-TV :: Department Artist & Production Assistant	Durham NC	1994- 2003

**Client Relation Highlights:** Wake Forest Baptist Medical Center, Rex Hospital, UNC-Healthcare, City of Raleigh, Wake County Government, NCSU, Wake County Public Schools, Caldwell Fellows, Wake Forest Chamber of Commerce, Raleigh Chamber of Commerce, Bank of America, Fidelity Bank, IBM, GSK, United States Center for Refugees and Immigrants, Center for Human-Earth Restoration, Wind River Foundation, Full Circles Foundation, Wake Forest Leadership, Pink Foundation, NC Bar Association, Campbell Law and more.

**Published Author and Audiobook:** *From Chaos to Calm :: Leading Change From the Inside Out* 2018 & 2020

**STRENGTHS & SKILLS**

## Major Duties &amp; Responsibilities

- Coach, facilitate and inspire personal growth, professional development while honoring wellbeing, diversity and inclusion, creating highest learning outcomes possible. Common client pain-points addressed: stress management, time management, life change, career transition, workplace relationships (difficult conversations, conflict, team dynamics, being assertive, ideation, creativity), intimate relationships (building confidence, wellbeing, purpose, divorce, death and/or grief associated with change).
- Design, manage, market and implement strategy, curriculum for integrative experiences, seminars and programs that encourage positive behavior change, increase emotional intelligence, improve communications, ideation, expressing highest potential and goal achievement.
- Maintain excellent professional standards as aligned with ICF (International Coach Federation)
- Engage in on-going client support, community outreach, networking, sales and speaking events

## Administration &amp; Management Experience

- Facilitation, event planning, project management, time management, client relations
- Management of staff, volunteers, operations, budgets, fundraising and continuity

## Personal Attributes

- Self-motivated, creative, compassionate, leader, critical thinker, future thinker, visionary
- Pro-active problem-solver, excellent interpersonal skills, 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, peacemaker

## EDUCATION/CREDENTIALS

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ICF PCC International Coaching Foundation		
PCC Professional Coaching Certification		2019
ACC Associate Coaching Certification		2016
Master's Degree in Health and Wellness Coaching	Laurel MA	2015
<i>Maryland University of Integrative Health</i>		
Conflict Transformation & Peacebuilding in Expressive Arts	Saas-Fee Switzerland	2013
<i>European Graduate School</i>		
Transformative Leadership Graduate Studies	Laurel MA	2010
<i>Tai Sophia Institute</i>		
Bachelors in Liberal Studies: Social Change/Creative Process	Raleigh NC	2009- 2011
<i>St. Augustine's College</i>		
Landmark Education Forum Leadership Training	Greensboro NC	2002

## VOLUNTEER/LEARNING EXPERIENCES

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Board Member: Triangle Art Works	Raleigh NC	2020- present
Executive Coach Volunteer: Caldwell Fellows	Raleigh, NC	2018- present
Volunteer: US Center for Refugees & Immigrants	Raleigh NC	2016- present
Board Advisor: Center for Human-Earth Restoration	Raleigh NC	2012- 2015
Board Member: NC Art Therapy Institute	Durham NC	2011- 2012
Intern: Chrysaley Consulting, LLC	Raleigh, NC	2012
Intern: ARTStream	Raleigh NC	2011
Intern: Tilt Leadership Inc.	Raleigh NC	2011
Volunteer and Art Donor: AIDS Service Agency	Raleigh NC	1993- 1998
Volunteer: Rex Hospital	Raleigh NC	1993- 1995
Volunteer: De Vieken Dutch Club	Raleigh NC	1986- present

## ADDITIONAL TRAINING/CERTIFICATIONS/AWARDS

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Mindfulness Teacher Training Certification/Hatha Yoga	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