



# ANNELIES M GENTILE, MA, PCC

INTEGRATIVE EXECUTIVE COACH . SPEAKER . FACILITATOR . AUTHOR . ARTIST

*Creative approaches for life, leadership and beyond*

## PROFESSIONAL SUMMARY

Guides leaders through personal and professional change. Experienced executive coach and facilitator supporting transformation in leaders and those they serve with an emphasis on integrative wellness, mental health and resiliency. Speaker, published author and artist recognized for integrating elements of creative process, mindfulness and positive psychology into developing resilience for personal wellbeing and professional thriving. Inspired government officials to listen to one another, hospital executives to deepen trust with one another, encouraged bank leaders to sing, athletes to draw, and entrepreneurs to sprout wings. ICF Professionally Certified Coach, MA in Health and Wellness Coaching. Brings 33 years collective career experience. #resilience #humanize #presence

## PROFESSIONAL EXPERIENCE

**Conduit for Change, LLC**  
**Integrative Health and Wellness**  
**Coach, Consultant, Speaker, Facilitator, Author, Artist** **2008 - Present**

Conduit for Change, LLC is a resource for resilience and creative transformation offering coaching, consulting, facilitation, arts integration and speaking services to empower people, foster ideas and change lives.

- Helps to navigate uncertainty with courage, creativity, and grace by facilitating impactful change, self-awareness, improved mental health and resiliency.
- Influences all levels of change from micro to macro: coaches one-to-one, facilitates groups, leads retreats, speaks for conferences and inspires many.
- Coaches leaders across diverse sectors including healthcare, non-profits, government, arts, science, tech, sales and small business.
- Delivers dynamic keynote speeches with experiential learning teaching mindfulness and wellness techniques to foster resilience and human connection.
- Applies an integrative approach that's experiential, intermodal and presence-based rooted in positive psychology ie: whole person/whole system.

**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, Novo Nordisk, 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*

919-345-8396

annelies@conduitforchange.com

www.conduitforchange.com

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**

Employs an ontological design, nature-based creative process model to coach, support, nurture, and lead people through personal and professional change. 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:** health and wellness, stress reduction, mindfulness, life change, divorce, relocation, relationships, anxiety, addiction, grief, direction, focus, confidence, creativity, 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 :: Hair, Wig and Makeup Designer, Department Manager****Raleigh, NC****1995-2003**

- Responsibilities included but were not limited to 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**

- Center for Creative Leadership Certified 2025
- Benchmark 360 Certified 2025
- Positive Intelligence PQ Training 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
- Mitchell's Hairstyling Academy
- Licensed Cosmetologist since 1993
- ...and others

## 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  
2024-present

Member: Raleigh Astronomy Club  
2022-present

Volunteer: US Center Refugees & Immigrants  
2020-present

Member: Institute of Noetic Sciences  
2017-present

Volunteer: NCSU Caldwell Fellows  
2018-present

Board Member: Triangle Art Works  
2016-2020

International Coaching Federation Global  
Member 2014-present

Board Advisor: Center Human-Earth Restoration  
2012-2015 & 2020-2022

Board Member: NC Art Therapy Institute  
2011-2012

Intern: Chrysaleye Consulting, LLC  
2012-2012

Intern: ARTStream  
2011-2012

Intern: Tilt Leadership Inc.  
2011-2011

Volunteer: Rotary and Kiwanis Club  
2005-2007

Volunteer: AIDS Service Agency  
1993-1998

Volunteer: Rex Hospital  
1993-1995

Volunteer & Board Advisor De Vieken Dutch  
Club  
1986-present

Volunteer: Raleigh Little Theater  
1993-1995

Volunteer: Unitarian Fellowship  
1992-1995