



# JOSIE SMITH

## COACHING. CONSULTING. FACILITATION ABOUT

I am passionate about creating space for our deepest transformations. I coach my clients to shift from head to heart and grow in their relationships all while expanding their impact. My services range from 1:1 coaching, group coaching, to the development and implementation of workshops and retreats. As a consultant I help organizations transition through leadership and culture gaps, implement a coaching approach and co-create educational experiences specific to those needs. I leverage my past corporate experience in the dialogue and professionalism I bring to my clients. (Six years IT RBC, National Wellness Coordinator for The Royal Bank of Canada 2009).

### PROFESSIONAL SKILLS & EDUCATION

English Literature, B.A. UWO  
Entrevis - A Better way to Work  
Certified Professional Coach, CPCC.  
Certified NLP Coach  
Certified Timeline Therapy  
Certified Hypno Therapy  
HOGAN Assessment Certified  
Meditation Teacher, ATTC.  
Yoga Teacher, ATTC

### PERSONAL SKILLS

Intuitive  
Empathetic  
Collaborative  
Creative Problem Solver  
Visionary Thinker  
Self motivated  
Organized

### CONTACT

P: 647-801-7538  
E: josie@soulleap.com  
W: www.coachjosie.com

### SOCIAL

fb./coachjosiesoulleap/  
Linkedin.com/in/coachjosie

### EXPERIENCE

BUSINESS OWNER - RETREAT DESIGN, EXECUTION AND FACILITATION  
Soul Leap | Feb 2004-present

- Designed and delivered 12 Be-Spoke International Retreats - Costa Rica, Small Group big IMPACT - Personal Empowerment, Surfing
- Designed and Delivered 12 Soul Sister's Retreats - Huntsville Ontario Women Supporting Women: Taking the Mask off, Narrative, Self-care
- Executive Team Building Retreat - Barrick Gold, 2011 Communication Solutions, Perspective, Self Development
- ABC's of Relationship Building, Vega - Vancouver 2012 - National Meeting: Seminar on Building Better Relationships
- Personal Freedom Retreat - Newport, RI 2015 Adventure, Sailing, Luxury, Ocean side Learning Experience
- Building Better Boundaries - Kelowna B.C. January 2018 - Collaborative Family Law Group - Annual Members Retreat
- AdvantEDGE Emerging Leader 4 day Educational Workshop - Grant Thornton LLP. November 2019
- AdvantEDGE Emerging Leader Virtual Workshop - GrantThornton LLP 2020

### COACHING & CONSULTING

Soul Leap | Current Ongoing

- Grant Thornton LLP, Executive Leadership Coaching, Culture Consultant
- Grant Thornton LLP, Partner Pop Ups facilitated coaching conversations
- Grant Thornton LLP, Hogan Feedback Facilitator
- Canerector Inc, Executive Leadership Coaching, Culture Consultant
- Burgundy Asset Management Ltd. - Weekly Guided Meditations
- On going Executive Life coaching Clients

### AREAS OF EXPERTISE

\*SELF AWARENESS \*RELATIONSHIPS \*BOUNDARIES \*TRANSITION  
\*NARRATIVE COACHING \*LEADERSHIP \*CONFLICT RESOLUTION \*LEGACY  
\*CONFIDENCE \*WELLNESS \*RESILIENCE \*FAMILY DYNAMICS \*TRUST

REFERENCES AVAILABLE UPON REQUEST