



## CDI team of mentor coaches

### ***Diane Bonneau, President & CEO Master Certified Coach (MCC), Professional Mentor Coach (PMC), CoachU Faculty***

President & CEO Diane Bonneau is a highly-skilled executive coach, professional mentor coach, facilitator and bilingual public speaker who is passionate about developing people for success. For over 15 years Diane has been challenging individuals, executives and teams to take risks, develop new skills and become more authentic leaders. She routinely works with fast-growing and newly-merged companies of all sizes in industries such as oil & gas, construction, building technology, academia, finance, insurance, and health and wellness.

Diane demonstrates her commitment to authentic leadership and lifelong learning through her extensive involvement in the coaching community. Not only is she a CoachU Certified Graduate, an International Coach Federation (ICF) Master Certified Coach, and a Professional Mentor Coach, she is also Past-President of the Calgary Association of Professional Coaches and participates in various Global ICF Committees. Furthermore, as a member of the ICF Global Committee for Accreditation Diane participates in re-evaluating the current accreditation process. Her extensive coaching community involvement places Diane at the forefront of the coaching/training industry. What does this mean for clients?

Based on Diane's experience, when an individual gets promoted into a leadership position, personal and group dynamics may begin to shift. The individual promoted may hold certain preconceived notions about what it means to be a leader; they may feel overwhelmed. Former colleagues may not automatically see them as a leader, or may view them with a critical eye ("us" versus "them" mentality). Diane coaches new and established leaders to remain connected to their core personal values: who they are and who they want to be, how they want to contribute, and what they need to do to achieve this vision. Ultimately, Diane helps leaders to remain connected to their authentic selves, establish trust in the workplace, and become the strategic and tactical thinkers their organizations envision.

### ***Michèle A. Roy, Executive & Professional Coach, Professional Mentor Coach (PMC), ICF Assessor***

Michèle Roy is a CoachU Certified Graduate, an International Coach Federation (ICF) Professional Certified Coach (PCC), and holds an instructors diploma in adult education. For over a decade, Michèle has coached individuals, executives and their teams in large or small organizations in industries such as: oil and gas, academia, finance, health and wellness and tourism. For over 15 years she has facilitated a wide range of corporate learning and development programs such as: Coaching Skills for Managers, Customer Relationship Management, Sales and Marketing, Managing Diversity in the Workplace, Reducing Absenteeism at Work, and Leading Change.

Michèle routinely works with organizations who want their managers/leaders to develop essential leadership skills. She coaches leaders and their teams to manage change and inspire performance excellence. Her clients report that clarifying their values and goals with Michèle helps them prioritize their actions and restore balance in their work and personal life. This corresponds to Michèle's own observations that a leader's effectiveness directly correlates to their degree of mental, physical and spiritual health and well-being. For this reason, Michèle is passionate about supporting clients as they cultivate their leadership skills and strive to become more authentic in every area of their lives.

Committed to the professional credentialing process and to experiential learning, Michèle facilitates professional development of coaches through individual and group coaching sessions, with a powerful focus on helping coach mentees to develop core coaching competencies. Ultimately, Michèle creates an open and supportive learning environment where clients can acquire and practice new skills so they can deliver results.