



## Maggie Mulham

### Professional Certified Coach and Facilitator the change company

Originally graduating with a Bachelor of Health Science (Naturopathy), it wasn't long before Maggie transitioned from a private practice to assistant manager of the pioneering Hopewood Health Retreat in Sydney's far west.

There she designed and delivered their health, weight loss, stress management and work/life balance programs. It was in those 7 years that her mission to help make our work places healthier and more sustainable took root.

Maggie, then in the role as Senior Consultant at Compass Learning facilitated team building, leadership and diversity programs for corporate groups throughout Australia and Asia. In this role, she also provided sought after health and well-being talks and seminars.

Currently, Maggie is a consultant with **the change company** where she is a highly sought after coach and facilitator. She has achieved the prestigious PCC (Professional Coach Certification) level with the ICF (International Coaching Federation). Her practice includes personal coaching of all kinds, including Leadership Coaching using The Leadership Circle profile (TLC). She is also an accredited yoga teacher.

Maggie is also a facilitator and coach for How Do You Do It where she delivers a range of programs designed for working parents who are striving to make both their parenting and work roles successful and sustainable.

Maggie is married, and parents four kids over a large range of ages.

## Qualifications and Accreditations

- Accredited Practitioner in The Leadership Circle 360 Model
- Process Oriented Psychology training (ongoing)
- Accredited DiSC personality profile tools
- Accredited yoga teacher with Yoga Alliance, USA (200hr RYT cert)
- PCC accredited coach with the International Coaching Federation
- Bachelor of Health Science (Naturopathy) UNE