

Belinda Astl

Executive Coach



Belinda is a psychologist who is intrigued by the leadership challenges facing organisations. With 20 years experience, Belinda's career has spanned health, corporate, manufacturing, professional services, public sector and not-for-profit organisations.

Her contribution is targeted to helping individuals and teams to create a coherent and multifaceted focus, facilitate the development of meaningful plans that enable unified success and support transition. Belinda's career moved from the provision of health services to enabling businesses through organisational development and management. She enjoys being at the leading edge of change and has experience in managing strategic IT projects that have considerable impact on business process and structures.

As an executive coach Belinda is genuinely interested in helping individuals attain peak performance and understand their impact both in personal and professional situations. She believes that people need a clear understanding of how their work contributes and insight into their unique approach. Belinda is particularly interested in emerging leaders and enabling the transition from expert to enabler.

Belinda is a skilled facilitator and has extensive experience in developing operational strategies, organisational design and project management. When working with groups she strives to draw on the wisdom of participants and stimulate dialogue. She is enthused by teams and enjoys seeing them exceed their expectations.

COACHING EXPERIENCE

- Belinda has worked with the following clients: Cadbury Schweppes, Metcash, Visy Industries, Pratt USA, Telstra, Texas Utilities, Australian Taxation Office, Victorian Police Association, Breacan (breast cancer support network), Berry Street Family Services, Warakirri Asset Management, Alex Fraser, Fantastic Holdings Limited, Phillippa's, Asia Education Foundation, Apparel Group, Boundary Bend, Land Gas Industries.
- Belinda has worked with large organisations on Senior Leadership Programs to debrief assessment tools and provided one on one individual coaching.

EXPERTISE / SPECIALISATION

- Individual coaching
- Group & Team coaching
- Debriefing of assessment tools
- Facilitation

BUSINESS EXPERIENCE

- Program Manager, IT change program, Telstra
- Organisational Development Advisor, Visy Industries/Pratt USA
- Manager, Change Management and Organisational Development, Metcash

EDUCATION / BUSINESS COACHING

- Graduate Diploma in Counselling Psychology, RMIT, 2003
- Bachelor of Arts, Psychology, Swinburne, 2000
- Registered Psychologist
- Member, Australian Psychological Society (MAPS)



COACHING GROUP