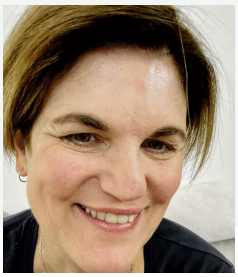
Kate Alexander



Executive Coach

Kate had a extensive career in the public and private sector before completing her Masters in Coaching Psychology and moving into coaching and facilitation.

Kate's leadership of large teams, budgets and remits brings an understanding of the complex challenges executives and leaders face.

As a coach and facilitator Kate helps leaders to develop new perspectives and to grow their ability to adapt while also gaining key interpersonal skills. She likes to harness innovative and creative problem solving approaches, whether it is a small individual challenge or a large and complex one.

Her style balances support and challenge, leveraging the client's unique set of drivers to deliver the results they seek. She draws from leadership practice, coaching psychology, contemporary contexts and multi-disciplined research to provide a nuanced approach to suit the client.

Kate is particularly interested in helping clients to address their goals and challenges by bringing their own authentic style and drivers to their leadership. She is also passionate about growing understanding of what it means to be a contemporary leader who inspires and builds high performing, engaged, innovative teams in a time of multi-generational workforces and complex, fast-paced challenges.

Kate continues to challenge herself with career and personal goals in order to be authentic and up-to-date with her own practice.

COACHING EXPERIENCE

- Kate has delivered 1:1 coaching clients from early and mid level leaders through to c-suite. Industries have included public sector, health, construction, insurance, education and others.
- Kate has coached teams and groups who need to lead complex change initiatives and are undergoing important cultural shifts in their organisations.
- She has designed and facilitated multi-faceted leadership programs for medium to large sized organisations in the private and public sector as adjunct faculty and lead coach for the Plus UTS Business Futures team.
- Kate has a track record of deeply listening to client needs, whether individual, team or organisational; providing innovative, well-though out solutions.

EXPERTISE / SPECIALISATION

- Designing and facilitating leadership programs for the public and private sectors
- Understanding client needs and recommending innovative solutions and meaningful touch points to support skills uplift
- Individual, team and group coaching
- Facilitating break-through moments
- Supporting contemporary leadership challenges.

BUSINESS EXPERIENCE

- Australia Post - communications, change management and operations roles including leadership and executive.
- Coca-Cola Amatil - Coaching manager and executive leader
- NSW Govt - PSC Leadership Academy
- PeopleMax - Executive Director
- Self-employed including adjunct faculty with UTS

EDUCATION / BUSINESS COACHING

- Master of Science in Coaching Psychology, Sydney University
- Bachelor of Applied Communication Studies
- Certificate IV in Workplace Training and Development
- IV in Pilates
- Certificate IV in Fitness

COACHING GROUP