

Jill Malleck

malleck@golden.net

Qualifications

- Qualified as Professional Integral Coach™ by Integral Coaching Canada Inc.
- Background of Human Resources & Marketing in a global financial services company
- Consultant through her company, Epiphany at Work (www.epiphanyatwork.com)

Practical Information

Jill Malleck is a Professional Integral Coach™ who works with clients primarily in the areas of leadership (at all levels) and greater workplace effectiveness and satisfaction. Topics are in the realm of personal and professional development. Here are some examples: the need to delegate more; the desire to be a better communicator; the ability to lead a team; the challenges associated with a career change or promotion; dealing with strong emotions. Integral Coaching is a method that helps you to become more aware of your current approach to situations; to see new possibilities and then to build sustainable new competencies to achieve outcomes that deeply matter to you. Each client's coaching program is built exclusively for them based on their unique needs. Coaching happens every two weeks for about one hour. To be effective a minimum of five sessions is required. Meetings can be face-to-face in the Kitchener-Waterloo Region, or by telephone anywhere in the world. Fees are \$250 per week for the length of the coaching commitment. Jill is a member of the International Coaching Federation (Toronto Chapter) and adheres to their Code of Ethics.

