

Eileen Chadnick, PCC



Eileen brings a wealth of experience and expertise to her role as associate with PeopleDynamics Learning Group Inc., and a member of the faculty of our ICF and WABC Accredited Business Coaching Advantage Program™

An experienced certified coach, learning facilitator, and communications pro, Eileen Chadnick helps leaders and organizations live into the questions: What is it to thrive and to create meaningful work and life experiences – for ourselves, and for others? How do we navigate the increasingly complex and ever-changing landscape of work and life with more confidence and efficacy?

As a champion of personal, professional, and organizational wellbeing, Eileen is known to be authentic, compassionate, and creative – and a high-impact connector of ideas, people, and possibilities. She serves mandates related to leadership development, career navigation, communications efficacy, engagement, and culture initiatives.

Eileen has coached hundreds of people at various stages within the continuum of their careers, including leaders from emerging to senior-level. As well, she's designed, lead and facilitated learning and engagement initiatives for teams and companies to discover, refine, and live into their own internal brands (Culture DNA) -- and foster more 'leadership-ability' in teams and individuals.

Certified since 2003, Eileen earned her coaching certifications from the Adler School of Coaching (ACPC) and the International Coaching Federation (PCC). Eileen is also certified in the EQi 2.0 and EQi 360 programs; VIA strengths; and has additional training related to neuroscience, positivity science, *Conversational Intelligence*® (and more).

A member of International Coach Federation since 2003, Eileen served as a Director on the GTA ICF Board earlier in her career. She is a recipient of an International Coach Federation Prism Award – recognizing excellence in leadership and performance coaching for her work with Tribute Communities.

Additionally, Eileen is an awarding-winning, and Accredited Business Communicator (ABC) and brings 20+ years of experience as a communications professional. She has successfully operated her own communications consulting firm, Chadnick Communications, since 1998. She has also held various senior-level communications roles with two of Canada's leading PR agencies (Hill and Knowlton and Environics Communications/ now known as "Proof"), a Canadian bank, and a financial services payments association. Over the years, Eileen has served a wide roster of top tier clients in financial services, business and consumer products, education and other sectors.

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Eileen earned a Bachelor of Education from McGill University, majoring in fitness, as well as Marketing Certificate. Earlier in her career taught fitness and wellness (for eight years).

Eileen is author of the book, [Ease: Manage Overwhelm in Times of 'Crazy Busy'](#). Since 2007, she has been a contributing columnist with the Globe and Mail careers and is a frequent source of insight to media on issues related to leadership, careers, and wellbeing.

Outside of her work, Eileen loves to cook, eat, see movies and theatre and read a good book. She plays golf irregularly (and with no apologies), hikes, runs (has run for more than 30 years – including 3 full-distance marathons before the age of 20). She has volunteered her time and expertise to many varied organizations over the years. Eileen is blessed with an abundance of very special people in her life. Her “VIA Signature Strengths” include: Gratitude, Creativity, Curiosity, Love of Learning and Honesty (really its true!).