

Nathalie commenced her career in IT, specialising in SAP and then for over a decade, managed complex tech projects at Fortune 500 companies.

Transitioning to facilitation, training and coaching in 2015, Nathalie now provides executive coaching and corporate mindfulness training alongside her facilitation of learning programs for senior leaders (and their teams) within medium and large organisations.

Highly solution orientated, Nathalie is passionate about providing leaders with the knowledge and tools they need to succeed. Nathalie has extensive experience in assessing development needs and in achieving strong outcomes for leaders and organisations.



BACKGROUND

Nathalie Heynderickx is a certified Executive Coach who has over 10 years in management consulting and seven years' experience facilitating leadership programs and coaching executives and their teams.

Her coaching utilises a variety of approaches, including adult learning theories, cognitive behaviour theories, styles of leadership, emotional intelligence, appreciative inquiry, neuroscience, positive psychology, and mindfulness.

With over 10 years' experience in the corporate environment and extensive experience in designing and delivering leadership development programs, Nathalie understands the challenges that are unique to the corporate eco-system, and is a seasoned professional in both virtual and face to face delivery of programs.

Nathalie's blue-chip background, working for IBM, EY, Accenture and AGL Energy both in Brazil and Australia, has helped position Nathalie as both a thought leader and innovator in her coaching style – which is highly cognisant of the challenges modern Executives face. Her client portfolio includes ASX companies across multiple industries such as Banking, Accounting, Management Consulting, Professional Services, Finance, IT, Energy, Aviation, Oil & Gas, Automotive and FMCG.

She is a dynamic speaker who has delivered keynote speeches, workshops, seminars, and webinars for clients globally and local conferences including Safety in Action, First Agile Conference and the Australian Computer Society Nation Forum.

Nathalie is a lecturer at Monash University, where she teaches Professional Development and Positive Psychology courses to postgraduate students. She speaks Spanish and Portuguese.

QUALIFICATIONS

- Organisational Coach by IECL (Institute of Executive Coaching and Leadership)
- Accreditation in Emotional Intelligence by Genos International
- Accreditation in Everything DISC by Integro, Wiley
- Holistic Lifestyle Coach by the Chek Institute
- Accredited Mindfulness Consultant by Potential Project
- Certified Change Management Practitioner by Change First
- Lecturer of Positive Psychology at Monash for postgraduate students.
- 15+ years of mindfulness meditation practice including 10-day silent retreats

EDUCATION

IECL Certification in Organisational Coaching

Certification IV in Training and Assessment - Monash

BA, Computer Sciences PUC-Rio University

INDUSTRIES

Management Consulting

Professional Services

Technology

Education

Finance

Utilities

FMCG

WORKSHOPS

Emotional Intelligence

Change Management

Dealing with Difficult

Behaviour

Negotiation Skills

Resilience

RECENT CLIENTS

CIO50

CIO at a Health Care NFP

CTO at a Tech Start-up

CTO at a manufacturer

General Manager at an ASX Energy Company

Senior Executive at a Fortune 100 Tech Company



David Cooper

Chief Information Officer at Ligeti Partners

"I'm thrilled to recommend Nathalie, an exceptional executive coach. Her dedication, expertise, and unwavering commitment make her an invaluable asset in executive coaching. Nathalie establishes trust and collaboration, creating a safe space for clients to share challenges and aspirations. Her deep understanding of leadership development helps executives gain new perspectives and develop innovative solutions. Nathalie's support and challenge approach enables clients to reach their full potential. She excels in group workshops, fostering collaboration, and creating unity. Nathalie's commitment to ongoing learning ensures cutting-edge insights and strategies. I highly recommend Nathalie as an executive coach for personal and professional growth. Connect with her to unlock your full potential and thrive in your career."



Joris Dries

CTO and C-Founder at Resonate CX

"I had the opportunity to work with Nathalie in her capacity of executive coach, one on one. It was a really great experience where she provided clear guidance and challenged me on several levels. She provides a safe environment, a level of external accountability that is felt, but not oppressive. Nathalie introduced me to the practical application of mindfulness in my day-to-day work, which has since become another tool in my toolbox to deal with the pressures of my position. Her straightforward and effective coaching style is something I genuinely appreciate. I highly recommend Nathalie to anyone looking to enhance their professional approach, she combines frameworks with her extensive experience to deliver a tailored experience!"



AIM

Australian Institute of Management

"Nathalie was extremely knowledgeable, approachable, friendly and open. She facilitated the session to include all individuals from various backgrounds and experiences and we all also learnt from each other's perspectives. Her delivery of the content was exceptional and flexible. I presume I speak on behalf of all of us that she also made it a comfortable and safe learning space. I was completely tuned in the entire day and learnt so much.

Nat held space so skilfully throughout the day, creating an engaging learning environment where people could connect, not only to the course material, but to other people's experiences. She was a terrific facilitator - very knowledgeable, warm and engaging. I really enjoyed the course.

Nathalie is a very pleasant, knowledgeable, and impressive facilitator. Nathalie seems to be very well versed in her field and I feel honoured to have learnt from her. I would recommend this course and Nathalie to anyone wanting to become a better leader. I already have recommended it to a senior manager as they were impressed about how I handled a couple of things after I'd been to the workshop earlier in the week."



CITY OF MONASH

City of Monash City Council

"Excellent facilitator, engaging and practical."

"This was one of the best learning experiences I've had in my 12 years at Monash."

"Nathalie Heynderickx is extremely knowledgeable about Change management. Thank you, Nathalie, for your time and training provided to the Monash team."

"Valuable session. Good participation from the group and lots of interesting models to interpret and apply to our teams. Our facilitator was knowledgeable and engaging."

"Nat was a high calibre trainer with extensive knowledge and experience and I commend Council for engaging such a quality presenter. The session was very practical, engaging and applicable to my situation. I also appreciate that Council has opened up the team leader sessions to aspiring leaders."



Raul Alberto Caceres

GM - Data and Technology at Canteen Australia (CIO50 2021-2022)

"I had the pleasure of working with Nath as my executive coach for three months. I was searching for an executive coach who could understand the unique challenges I faced as a tech leader in the non-profit sector, and I found Nath to be the perfect fit. Her approach, using the mindful leadership framework, was particularly effective in helping us achieve all the goals we set during our time together.

Nath's insights and provision of various tools and resources for guidance and direction were also invaluable. Despite the short duration of our coaching relationship, I gained a wealth of knowledge and practical skills that have already positively impacted my life and career. I highly recommend Nath as an executive coach, particularly for those in the tech industry seeking to lead more mindfully and purposefully. Thank you, Nath, for your guidance and support."



Glenn Waterson

GM Customer Market Operations, AGL Energy

"2020 was a year like no other, and my ability to lead effectively was truly tested. Not only was there a need to lead in a new way, but life was changing both personally and professionally - rapidly. I needed to consider how to find time to invest in myself, and was fortunate to reconnect with Nathalie. Coaching was not something I had considered before, however working with Nathalie has given me a renewed sense of clarity, and has been instrumental in my ability to survive the pandemic.

Nathalie was there whenever needed, and with curiosity and care was able to help me work through a number of areas of opportunity - topics from time management & communication, to understanding my values, to strategy & vision and ultimately to purpose. Nathalie shows true care in her coaching, and with a focus on action planning we were able to tease out a number of changes I could make quickly to become a better person (& leader), and some longer term habits to work on. Most importantly I recognised I was in control...

I would absolutely recommend Nathalie for anyone looking for support from a coach. For those not sure about what coaching is about please reach out to Nathalie, I have no doubt you will be hooked quickly."



Peter Orlowski

Chief Digital and Innovation Officer, Transdev Australasia

"I had a pleasure to work with Nathalie on The Mindful Digital Leader project. Nathalie delivered an engaging and insightful workshop to senior Australian digital leaders based on the Mindful CIO Manifesto. Moderated session was a mix of theory and practice with many practical examples. Professionally delivered, stimulating discussion and feedback from work groups and promoting a better more balanced approach to self and team management. Nathalie is a clear thought leader in this space with superior coaching skills. Cooperation during preparation and ramp up was excellent with every detail thought through. A great learning experience."



Sumit Chakrapani

VP at Genpact, Former IBM Executive

"I had the opportunity to work with Nathalie to go through an experiment that I always wanted to do, which was work towards meditation that could help me with managing stress at work. So we started this program called "Mindfulness at work" for 10 weeks and I can not explain how great I feel at the end of it and already looking forward to go through the next 2 phases of this program.

Nat was amazing throughout the program and have even customized the program to fit my needs, which really worked for me. I will strongly recommend this program to anyone who is looking to balance the emotions at work and bring the best out of yourself. Thanks Nat and can't wait to start the next level with you in few weeks time."



Ben Allwood
CIO at the IPD group

"In 2022, I was invited by Nathalie Heynderickx to join The Mindful CIO Community. I think the key learning or takeaway from attending The Mindful CIO Community roundtable events has been the realization that everyone goes through the same challenges, other people are experiencing similar problems, and that you are not alone. It's great to talk to peers in the industry that are going through the same challenges and it's just really good to know that it's okay to stop and be mindful of the situations that you're in. Keep up the great work!"



Lisa Peters
Managing Director at Accenture

"I met Nathalie some 15 years ago and we worked together, implementing SAP. Nathalie then took a path of doing executive coaching and teaching. Through being connect to Nathalie on LinkedIn, I came across the Mindful CIO Community. I saw the community held monthly discussions so I joined to see what topics were discussed and who attended the events. I was so impressed by the guest speakers each month, what they had to say and most importantly what I learned. I loved the break out discussions and how open everyone was in sharing their experiences on how to create a mindful culture in the workplace. I became a regular in the monthly meetings and also became a champion as I felt a strong connection to this community and how we are collectively evolving workplace culture."



Ram Balasubramanian
Program Manager and Delivery Lead at Asahi Beverages

"I met Nat many years ago at an SAP industry conference. We reconnected in 2019 and Nat told me about the Mindful CIO Community and its focus on improving people-centricity into leadership in the IT world. Through my career journey I have always wanted to see more people-focussed and authentic leadership. As I have moved on to take roles with greater responsibility for teams and outcomes, I seek to find ways of demonstrating the type of leadership I have sought from others. Joining the Mindful CIO Community was an easy decision for me given its objectives. The simple structure Nat has created for like-minded leaders in the IT industry to come together once a month to share our experiences, frustrations, successes and knowledge has been a nice way for me to meet other eminent leaders and learn through sharing. Through the roundtable meetings, common themes became clear quickly - everyone has more work than ever before, stress levels are high and the balance between work and life has blurred greatly and it is hard to see where one ends and the other begins. Each of us in the Mindful community is facing similar challenges. Being authentic and human-centric is becoming harder than ever before due to the tremendous pressures we face to keep delivering quality outcomes faster and cheaper. The roundtables and the Mindful community at large, create an ecosystem that allows us to pause for just that little while and reconsider how we might re-ignite understanding, compassion and diversity in our thought processes as we lead."



Reema Dubey
Managing Director at Accenture

"I heard about the Mindful CIO Community and Nathalie from my colleague, Lisa Peters, who is a regular attendee at the Community's monthly connects. Having then attended the sessions myself, I can say Nathalie brings together a community for open discussions aimed at making a difference in the workplace. Hearing from the guest speakers and discussions in breakout groups makes the sessions insightful and engaging. The sessions also offer an opportunity to connect with and learn from other attendees. Thanks Nathalie for your continued efforts to keeping this community going!"



Book a 30-Minute Call with Nat

✉ hello@mindfulcio.coach
☎ 0406 079 486
🌐 calendly.com/mindful-cio

