



## Barbara Anderson

Master Certified Coach, Trainer and Facilitator

Barbara is one of the most highly regarded executive, business and personal coaches in both Australia and overseas. Over the past 18 years, Barbara has also had extensive experience as a Trainer, Consultant and Facilitator for a range of corporate and small business clients across Corporate, Information Technology, Management, Training and Development industries, globally. Today, Barbara is considered to be the leading “Coaches Coach”, the “Trainers Trainer” and the “Leaders Powerful Partner”.

Barbara is a Master Certified Coaches (MCC). With over 15,000 coaching hours, she is a wealth of knowledge in a unique combination of experiences in her personal and business life. She has a very personal, interactive and practical approach to facilitation and uses experiential learning and adult learning principals, which ensures participants can apply new skills, knowledge and behaviours to the workplace and life.

In 2012, Barbara was engaged by Telstra to lead a large scale change initiative, working with managers to use a coaching approach to their leadership style to increase team effectiveness.

As well as training and coaching, over the past 3-4 years Barbara has also been delivering Keynote presentations to small and large groups on a variety of topics, to meet participant requirements.

Barbara is the Managing Director of Shire Coaching and Training, runs a Supervision program for the UBalancer Solutions Coach Network and is deeply passionate about supporting Cambodian women in small business, through her volunteer coaching work at SHE Investments Cambodia.

*"Barbara Anderson is a masterful mentor and coach. I presented Barbara with a challenge which she handled in her stride, dancing skillfully to guide me to success without judgment or criticism. I would wholeheartedly recommend Barbara to anyone who is committed to developing their skills and effectiveness."*

- Andrew Bryant, CSP, PCC, Founder of Self Leadership International.

*Barbara Anderson has been instrumental to helping make genuine change in my life. Better habits and a clearer perspective through her coaching has lead to much more productive work and me being a happier person. It's been invaluable.*

- Fergus Stoddart, Business Development Director, Edge Custom Media

*Barbara is a dedicated and committed coach. Her experience, wisdom and knowledge around coaching is invaluable. She is a delight to work with and an inspiration for all coaches.*

- Tracy Tresidder, PCC. Director Professional Standards Committee ICFA

### Qualifications

Master Certified Coach (MCC) at the International Coach Federation (ICF)  
NeuroLeadership Coach  
Accredited Level 5 Personal Coach; Business Coach; Executive Coach, & Team Coach  
Graduate Certificate HRM & Coaching  
Bachelor of Business in Human Resources and Psychology  
Certificate 4 Training and Assessment

### Previous Clients

Telstra  
NRMA  
Commonwealth Bank  
Department of Health  
Air New Zealand  
Deutsche Bank (Asia Pacific)  
National Australia Bank  
IBM

### Areas of Interest/ Expertise

Cognitive Behaviour  
Personal and Professional Development  
Leadership effectiveness

### At the core

Barbara's motto is “Inspiring Brilliance” – she boldly challenges and supports clients to take the steps to create their ideal life.

### Why Coaching?

“Being able to motivate and encourage people to reach their full potential is a privilege; making a difference to people's lives is what drives me. When I assist the people around me feel fantastic, I feel it too. A classic ‘win win’ situation”

### LinkedIn

<https://www.linkedin.com/in/barbaraandersoncoach>

### Website

[www.ubalancer.com.au](http://www.ubalancer.com.au)