



Belinda Thomas

Brain-based Leadership & Performance Specialist
Coach, Mentor and Flow Junky

Belinda is a professional Coach with a unique and powerful brand of personal development for business performance and sport. As a self confessed Flow Junky who lives in The Zone, she knows that success is fun, and she won't stop until she gets it. That's great news for you.

Belinda's drive and determination has taken her around the world as a sportswoman representing New Zealand. Her experience in that high pressure, competitive environment taught her the importance of mental performance, and that brought her to sport and business coaching. She wants that same kind of growth and success for you.

With a passion for neuro and brain-based coaching strategies, Belinda knows that the power of the mind is what ultimately drives us to succeed. She gets a huge kick out of seeing people unlock their potential and achieve excellence. She'll work you hard to get you there – with heart, a lot of laughs, and the kind of inspiration that'll change you. She knows the corporate environment first hand and has years of experience as a business owner. She knows what it's like when you just want more. Whatever that looks like. Whatever your *more* is. She'll get you there.

Belinda values her authenticity and ongoing development. She's got a heart of gold and she's tough, gritty, and driven. She's been there. She gets it. And she's ready to partner with you to ignite your potential. She works across a range of industries and businesses and believes that the diversity and experience that brings drives performance and success.

Based in Auckland, NZ.

"Belinda Thomas in an outstanding professional who is as caring, capable, and authentic as they come. She has delivered coaching and training to my staff and clients, always with rave reviews and requests for repeat business. She is inspirational - strong, clear, articulate, curious, and with the highest professional ethics. She has a thirst for learning and knowledge and commits herself to ongoing upskilling at a level I've found uncommon in most professions. I've always been able to rely on her to provide services when needed, to entrust her with confidential details of my business and other areas of my life, and she never ceases to amaze me with her creative approaches to supporting us all to achieving our outcomes" - Shelly Davies, Managing Director at Shelly Davies Writing and Training

"Belinda has coached me in business and in sport. She's given me the support and inspiration to unlocked my potential, and the confidence to keep challenging myself to go further. Her approach is refreshing, intuitive and fun. She's worked me hard and always celebrated my wins. What makes her special is her willingness to go beyond our sessions, and really invest in my success. My communication and leadership development have had a huge positive impact on our business. And thanks to the work we're doing with flow, resilience and mental agility she's also a crucial part of my team in the lead up to the 2018 World Champs" - Lisa Isles, Business Owner and U.K. Ladies Fly Casting Champion

Qualifications

Bachelor of Arts – Psychology (University of Canterbury)
Associate Certified Coach (International Coach Federation)
Brain-based Coaching (NeuroLeadership Institute)
Results Coaching Systems (NeuroLeadership Institute)
Neurolinguistics Programming (Influencing Now)
Team Coaching for Performance (Marianne Perry)
Emotional Intelligence Assessor (Six Seconds)

Previous Clients

Powerlink Queensland
Marquette Properties
Livestock Improvement Corporation
Tatua Dairy Company
Hyper IT Agency
Brittain Wynyard & Co
Housing New Zealand
Dual Asia Pacific

Areas of Interest/ Expertise

Lifting Leadership
Team Performance
Culture
Motivation and Goal Setting
Emotional Intelligence in business
Managing Stress and Overwhelm

Why Coaching?

"The people I work with blow me away. I love what I do and I'm continually humbled, inspired by and learning from them. I feel so lucky to work in this space, to travel and experience all of these wonderful humans. It can be fun, and it can be really tough, and sometimes that's fun too! Most of all it's about being part of continual improvement and partnering the people I work with to get them to where they need to be"

LinkedIn

<https://www.linkedin.com/in/belinda-thomas-21abaaa2/?ppe=1>