



Caron Yep

Executive NeuroLeadership Coach
Leadership and Organisational Development Specialist

A result-oriented and lifelong learner, Caron is passionate about people and facilitating their learning through high quality coaching and development interventions that make a real impact.

In her corporate HR career, Caron worked across many industries such as IT, Banking and Mining often at times of economic uncertainty and so understands the commercial realities for companies and the importance of having engaged employees, visible and inclusive leadership and resilient teams to drive sustained performance and productivity outcomes.

Caron has a strong track record of designing and implementing strategic development programs that assist organisations to improve performance, build great leaders and create a collaborative and productive culture that is inclusive of diversity and difference.

Caron is a wife and mum to two young children and after 15 years in corporate roles, decided to start her own coaching and consulting business to pursue the work she is passionate about and create the flexibility and lifestyle she strives for.

Caron brings a range of tools and methodologies grounded in psychology, neuroscience and human resources to her coaching as well as the values of trust, authenticity, gratitude, curiosity and a deep desire to help people enhance their potential through living more purposeful, and fulfilling lives.

Caron specialises in careers, leadership and resilience and helps individuals, leaders and teams build sustainable strategies and lifelong habits in these areas, setting them up for future success.

Based in Brisbane.

Testimonial

"This was my first experience of coaching and I was impressed! Caron has a practical and down-to-earth coaching style, and really encourages deep reflection. She helped me to define some realistic, robust goals that I could really connect with. I valued the structured process Caron took me through and was able to feel a real sense of progress each week. I now have some tools that I can continue to apply to both my work and life. I would absolutely recommend Caron for anyone wanting to tackle a key challenge that has been holding them back" - L Noble, HR Manager

"Caron's positive attitude and constructive feedback made the process focussed and enjoyable. Having gained employment, I would like to acknowledge Caron for her professional approach and support in achieving my career objective. Thank you" - C Lyons, Quality Assurance Manager

Qualifications

- MSc (Hons) Organisational Psychology
- ICF accredited Certificate of Brain-Based Coaching (NeuroLeadership Institute)
- Certificate IV in Frontline Management
- Hogan Development Survey
- Six Seconds Emotional Intelligence (SEI) Assessor
- Resilience at work scale (R@W) for individual, teams and leaders
- Professional Member of AHRI

Previous Clients

- BHP Billiton
- HSBC, Bank of America
- Robert Walters, Hays
- Brisbane City Council
- NCR Teradata
- Griffith University

Areas of Interest/ Expertise

- Employee wellbeing – Emotional Intelligence, Building resilience
- Design and facilitation of Leadership development programs
- Inclusion and diversity
- Career Transition Support
- Organisational Culture change and employee engagement
- Talent identification and development

At the core

Coaching provides a safe and supportive space in our busy lives to focus on our goals, explore new options and learn more about ourselves. It is a unique opportunity to challenge, reflect and be accountable to yourself.

Why Coaching?

"Being able to help people unlock the wisdom and tap into the potential they already have inside, is truly a privilege and when I see people achieve goals and move beyond where they thought they could go, it brings me so much joy."

Contact Details

caron@ubalancer.com.au

0435453157

www.linkedin.com/in/caron-yep