



Owen Woollaston

NeuroLeadership Coach and Consultant,
Team Coach and Agilist

Owen is a calm, thoughtful and experienced coach with a strong project management and technical background. He is passionate about supporting people to develop their businesses, leadership skills and teams, and thanks to his dual perspectives as coach and engineer he naturally takes a systemic approach - coaching leaders and teams to understand and influence their environment, processes and stakeholders.

During his career, Owen has worked at board level, held senior positions, managed innumerable projects, established several project management offices, developed medical devices, and introduced Agile in a half dozen companies. He has operated a small IT company, an internet retail business and currently his coaching business. He has coached senior executives, school principals, sales professionals, business owners, engineers and health professionals on matters of strategy, leadership, stakeholder management, resilience, self-mastery, stress management, life purpose, career path, sporting goals and work-life balance.

After experiencing 9/11 from the East Coast of Canada, SARS, multiple recessions, parenting four kids and a seven-year earthquake insurance battle, Owen has had his fair share of "life experiences" and is skilled at managing stress and supporting those who are struggling with uncertainty and overwhelm.

Based in Hamilton, NZ.

"When first coming into coaching with Owen I didn't have a clear view on what outcome I was after. However Owen helped me to articulate my thoughts on leadership and then put actions behind those thoughts. We set a goal and worked our way towards that through exploring where my challenges were and how to overcome them. I feel through the short few months we've been working together I am already moving from Manager to Leader, being more proactive in my management and feel I'm taking my team on the journey I always envisioned I would. Owen is helping me unlock my potential which is also helping me unlock my team's potential"

– Sam D, Sales Manager

"Owen is a skilled and experienced coach who combines a calm and measured approach with the ability to ask incisive questions with ease. He has repeatedly helped me to surface clear insights and actionable strategies related to my personal and professional goals. And he has done this with humility, humour and professionalism"

– Lucy P, Consultant/Facilitator

Qualifications

Associate Certified Coach (ICF)
NeuroLeadership Coach (NLI)
Advanced Team Coaching Practitioner (CMI)
EQ Assessor (6 Seconds)
Project Management Professional (PMI)
ICAgile Certified Professional (ICAgile)
Bachelor of Engineering (Hons)

Previous Clients

TrustPower
HealthShare
SkyPoint
Te Wananga o Aotearoa
Powerlink QLD
St John Ambulance
Springboard Trust

Areas of Interest / Expertise

Team & leadership coaching
Humility in leadership
Business continuity & recovery
Business agility & agile transformations
Managing stress & anxiety
Parenting teens

At the core

Owen takes a holistic approach incorporating work & home, past & future and the broader context to inspire and get results.

Why Coaching?

"In 2016 I finally managed to articulate my purpose - giving teams wings. What works for me is getting teams up and running and then really performing, and looking back that's what I've been doing since those early Agile days. Coaching, in particular team and leadership coaching, plays directly into that."

LinkedIn

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Website

www.ubalancer.com.au