

FACILITATOR PROFILE

Siân Mertens



During her corporate career Siân worked on executive teams to head the HR function, before moving into the Organizational Development space to pursue her passion of coaching and development. She has built high performance cultures, driven employee engagement, led organisational restructuring, partnered with business leaders to drive change, develop and support business strategy, and designed and facilitated talent and leadership development programs; all while juggling a young family and studying part-time – so she knows what this is like!

Combining her depth of corporate experience with her knowledge of Coaching Psychology Siân brings a unique perspective to facilitated sessions. Siân is passionate about the application of evidence-based positive psychology methods and frameworks which will often involve noticing and shifting mindset, challenging assumptions, broadening perspectives, and assisting to provide a deeper understanding of the system in which you are operating.

Siân is a qualified facilitator in a number of leadership and coaching programs and has spent a large portion of her corporate career facilitating sessions to support managers in developing their own coaching skills, and grow their confidence and capability to step into their leadership potential.



Having had the pleasure of participating in several leadership and coaching courses led by Siân, I have really valued and benefited personally from her expertise, down to earth manner and her general concern for people. Siân consistently makes a positive impact on those around her, yet her real strength is helping and coaching others make their own positive impact.

OPERATIONS MANAGER
Manufacturing Organisation

 <https://www.linkedin.com/in/si%C3%A2n-mertens/>



EDUCATION

Master of Science
Coaching Psychology

Post Graduate
Diploma of Human
Resources

Bachelor of Social Science
(Psychology)



EXPERIENCE

Eighteen years experience
in Human Resources and
Organisational
Development roles
across the industrial,
manufacturing and FMCG
sectors with strategic HR
and change management
expertise.



ACCREDITATIONS

MBTI Step I & Step
II Certification

Mental Toughness
Accreditation

Mental Health First
Aider

InsideOut Coaching
Accredited Facilitator

Situational Leadership
II Accredited
Facilitator



MEMBERSHIPS & LICENCES

Australian Human
Resources Institute

Association for Coaching

SOME OF THE COMPANIES SIÂN HAS HELPED

OPTUS

Hasbro

Abbott

REACH
OUT.COM

nbn™

Kimberly-Clark
Australia & New Zealand

HARTMANN

KBR

THEWELLBEINGLAB