



## **Sheena Polese**

### **Leadership and Development Coach**

**MSci (Psych Coaching) Syd Uni, MBA MGSM, Social Leadership Australia Graduate,  
Non-Executive Director**

Sheena Polese is a passionate and highly qualified leadership and development coach committed to bringing out the best in people, personally and professionally. Sheena holds a Master of Science, Psychology of Coaching from the University of Sydney and an MBA from Macquarie Graduate School of Management. Sheena's coaching education combined with more than twenty-five years of organisational experience in cultural change, employee engagement, strategic planning, public affairs, sustainability and innovation, makes her well equipped to provide developmental and leadership coaching to a range of executives and leaders.

Sheena integrates her education and extensive experience with an evidence based coaching approach and focuses on leaders developing the proven behaviours that result in leadership effectiveness while also responding to the specific growth and development opportunities available to each client and their respective organisation.

In 2019 Sheena will deliver the Business Chicks executive Leadership program and is on the panel of speakers for the American Chamber of Commerce Leadership Academy. Sheena is a Non-Executive Board Member at WEAVE Community Services, the committee of Human Rights Watch and on the International Coaching Federation Australasian NSW brand leadership team. Sheena is also mother to three teenagers and also provides coaching to teens. Sheena was involved in the Helmsman Project Teen Coaching Skills Program.

Sheena is engaged as a Senior Associate of The Positivity Institute, working closely with Dr Suzy Green on applied positive psychology and evidence-based coaching engagements in schools, the corporate sector and the community. Sheena is accredited in the following psychometric tools: The Leadership Circle Personality and 360 Profile, Hogan Suite of Assessments, Mental Toughness Assessments (MTQ48/Plus), Wellbeing for Management and Executives (MEWS). Sheena is also an Immunity to Change Facilitator and Mental Health First Aid Facilitator.