

# Meet your Coach.



For the past 20 years, Cecily has been leading impactful personal and leadership development work that scales for teams and organizations. While working at lululemon and ivivva, She oversaw retail training and operations teams – helping them navigate the 2008 recession and then opening 86 locations in the US.

## Cecily Elmas

Cecily Elmas is a Professional Certified Coach (PCC) with the International Coaching Federation and former President of the ICF Vancouver Chapter. With over a decade of experience coaching leaders in retail, insurance, technology, and healthcare, she focuses on integrated leadership. She partners with clients to unlock their potential, elevate their goals, and lead with purpose.

Cecily believes that the goals people bring to coaching often evolve as the journey unfolds. It's the real, authentic conversations that emerge during the process that are truly worth having—and that's where the novelty lies. She focuses on creating a space for these transformative dialogues, guiding individuals to new levels of insight and growth.

As a Certified StandOut Debrief Coach, yoga and mindfulness instructor, and current Master's student in Executive and Organizational Coaching, Cecily is dedicated to creating impactful experiences that drive growth and transformation, helping individuals and organizations reach their highest potential.

### AREAS OF EXPERTISE

- Executive & Leadership Coaching
- Team Effectiveness + Coaching
- Leadership Development
- Communication Skills
- Facilitation
- Strengths-Based Coaching

### INDUSTRIES

- Finance
- Retail
- Tech
- HealthCare
- Insurance
- Wellness

### EDUCATION & TRAINING

- Manager Essentials Training, The Corker Collective
- ICF Professional Certified Coach (PCC)
- CCE Certified Professional Coach with Fowler International Academy of Professional Coaching (FIA)
- Co-Active Leadership, Co-Active Training Institute
- Training Certificate from The Association for Talent Development (ATD)
- Master's degree, Executive and Organizational Coaching, Royal Roads University