



Sophie Mathewson, PCC, CCUCG
 Professional Certified Coach & Certified Corporate Coach
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*The first Professional Certified Coach in the four-county area of
 Peterborough, Haliburton, City of Kawartha Lakes and Northumberland.*

<p>What</p>	<p>Sophie works with her clients to successfully bridge the gap between where they are now and where they want to be for sustainable results.</p> <p>Sophie's work with organization's includes the creation of high-performing coaching cultures; developing leaders for your organization's culture; executive coaching; and helping organizations create sustainable and successful employee/job combinations. Sophie's vision for organizations is one where people treat each other with respect and dignity and where people come to work with energy and passion resulting in win-win employer/employee relationships and sustainable business success.</p> <p>Sophie's work with her entrepreneur clients includes supporting organizational development/change as well as personal development and fulfillment. As an entrepreneur for almost 20 years, Sophie understands the roller coaster ride that many entrepreneurs experience. Her work with entrepreneurs includes getting off the roller coaster, reclaiming time for self and family, focusing on what's important, developing leadership skills, rekindling a passion for your business and life, and painting a vision for the future.</p> <p>Sophie's coaching with individuals focuses on successful life transitions with a focus on the future such as: identifying and pursuing a career that feeds your spirit and soul; defining a vision and plan for semi-retirement or retirement; as well as successful transition from one marital/family state to another.</p>		
<p>How</p>	<p>Continual transformation is no stranger to Sophie. She has progressively built on her strengths and passions as she moved from a management career, to entrepreneur, to entrepreneur/coach – her Sweet Spot of Performance. She brings passion, energy, integrity, professionalism, value and a wealth of knowledge, skills and experience to each client and engagement.</p> <p>As a Professional Coach, Sophie assists her clients by helping them to clarify their thinking, become more focused, set attainable stretch goals, and holds them accountable to themselves as they work towards their goals and vision for an improved quality of life.</p> <p>As a group session leader, Sophie engages participants in a transformational process for lasting change and lasting results. Each session is designed to meet a group's specific objectives and to leave participants energized and eager to take whatever their next step may be for them.</p> <p>As a speaker, Sophie has a unique talent for making her passion and energy contagious. She leaves her audience with new perspectives, thought provoking questions and ready-to-implement actions.</p> <p>As a writer, Sophie has written a personal coaching column for a community paper and has a regular "Experts Speak" column in Business Advantage a publication geared to businesses.</p> <p>As a faculty member of CoachInc.com which operates Coach U and Corporate Coach U's innovative coach training programs Sophie brings her expertise and passion to coaches in the making. CoachInc's programs are recognized as the most effective and comprehensive training available for coaches by international coaching service companies. It's motto is: "Training World Class Coaches."</p>		
<p>Credentials</p>	<table border="0"> <tr> <td data-bbox="293 1419 889 1528"> PCC – Professional Certified Coach [International Coach Federation] CCUCG – Corporate Coach U Certified Graduate BAA – Bachelor of Applied Arts [Ryerson] </td> <td data-bbox="889 1419 1485 1528"> CPBA – Certified Professional Behavioural Analyst CPVA – Certified Professional Values Analyst TriMetrix – Certified TriMetrix Analyst & Consultant Certified Tele-class Leader </td> </tr> </table>	PCC – Professional Certified Coach [International Coach Federation] CCUCG – Corporate Coach U Certified Graduate BAA – Bachelor of Applied Arts [Ryerson]	CPBA – Certified Professional Behavioural Analyst CPVA – Certified Professional Values Analyst TriMetrix – Certified TriMetrix Analyst & Consultant Certified Tele-class Leader
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<p>Coach Training</p>	<p>Personal Life Coaching – Coaches Training Institute ~ Corporate Coaching – Corporate Coach U</p> <p>Currently, Sophie is one of less than 150 International Coach Federation accredited coaches in Canada and the first and only coach to hold <u>both</u> the Professional Certified Coach and Certified Corporate Coach designations in the four county area of Peterborough; Haliburton, City of Kawartha Lakes and Northumberland.</p>		
<p>Volunteer/ Leadership History</p>	<p>1991/92 President of Women's Business Network of Peterborough [1989-1993] 1997 President of the Greater Peterborough Chamber of Commerce - the second female to hold this position in its then 108 year history [1992-1998] 1998 Director with the Ontario Chamber of Commerce 1997 Member of GPA 20/20 Visioning 1997-1999 Chair of the East Central Ontario Network [ECO-Net] 1998-2000 Inaugural board member of the Greater Peterborough Area Economic Development Corporation 2002 Co-chair of the Peterborough & District United Way Campaign together with her husband Stan. 2003-2006 Director, Human Resources Professionals of Ontario, Peterborough Chapter 2003-2007 Director, Community Living Peterborough 2006– Present Executive Member, Lagoon City Yacht Club</p>		

"Sustainable Transformation for Progressive Individuals & Organizations"