



Sophie Bonneau

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Biography

As a people and culture specialist, Sophie brings 15 years of experience supporting and elevating people-focused strategies in organizations, including leadership development, employee engagement and championing health and wellness. She has worked as both an internal and external ICF certified coach for 9 years, effectively supporting the personal and professional development of senior leaders and executives through one-on-one coaching and facilitating group leadership sessions.

Sophie has a Masters degree in Cognitive Sociology, completed her ontological coach training with the Newfield Network, and is certified in both the Leadership Circle 360 and EQ-i 2.0 emotional intelligence assessment. She is passionate about coaching, supporting the conscious development of her clients and helping leaders increase their effectiveness. She coaches from the philosophy that greater self-awareness, clarity of purpose and the alignment of values, strengths and behaviors accelerates courageous growth and brings about lasting and impactful results.

As a mentor coach and facilitator, Sophie provides training and mentorship to coaches, leaders and HR professionals wanting to deepen their coaching skills and impact through various webinars and coach training programs, including Mastery in Coaching. She has provided coaching assessments and comprehensive feedback to over 85 coaches working towards their professional coaching accreditation.

Sophie's work with women leaders and entrepreneurs also addresses the significant life transition of becoming/being mothers. She supports and empowers them to examine the limiting beliefs and self-protective strategies that come into play alongside their evolving roles, values, priorities and sense of identity so they can feel confident and thrive at work and in life.

CERTIFICATIONS

**The Newfield
Network**

Everything DiSC®

**EQ-i 2.0 Certified
Practitioner**

**EQ-i 360 Certified
Practitioner**

Leadership 360