

# Katie Foulkes

Katie is an Executive Coach, Consultant, Facilitator, Advisor, Researcher and Dual Olympian. She has over 20 years' experience in leadership and capability development, organisational behaviour and change.

Katie is passionate about cultivating leadership, connection and sustainable high performance in workplaces and beyond; and is currently conducting research on the topic of resilience at the University of Sydney.

## Coaching philosophy and approach

Katie's approach is collaborative, systemic and human centric – leveraging from the drivers that shape human behaviour. She utilises an extensive toolkit of evidence-based instruments and frameworks and draws from strength-based approaches, systems thinking, positive psychology and performance psychology to help others uncover and refine solutions, with the aim of enhancing both performance and well-being.

By building high trust relationships, clients are supported to explore goals and opportunities for growth as well as innovative ways to positively impact their surrounding systems and stakeholders.

## Facilitation and highly effective teams

Katie's unique experience as a Dual Olympian and National Team rowing coach has enabled her to understand the steps needed to perform on a world stage. Rather than focus simply on individuals performing at their best "together", her team coaching and facilitation focuses on building collective leadership and sustainable peak performance using a range of evidence-based practices that are tailored to the unique attributes of the team and organisation.

## Industry knowledge and experience

Since 2005 Katie has worked both locally and globally across a range of sectors including technology, education, retail, utilities, government, insurance, transport, and sport. Holding senior leadership roles in Talent, Leadership, Learning, Culture and Change she has successfully led the design and deployment of innovative, practical and scalable solutions that have led to enhanced individual, team and organisational performance.

Katie has coached both individuals and teams at senior levels in public and private organisations, and government agencies.



## Qualifications & Memberships

Honorary Fellow, Faculty of Business & Economics, University of Melbourne (2023)

Master of Science in Coaching Psychology, University of Sydney

Post Graduate qualifications in Psychology, Deakin University

Bachelor of Science, University of Melbourne

Executive Coaching Supervision, Oxford Brookes University

Team Coaching, GTCI

Member of the University of Sydney Coaching & Mentoring Association (USCMA)

## Awards & Recognition

Post-nominal letters OLY as recognition of her contribution to sport.

Katie presented at the 2019 International Coaching Conference and her research on resilience was presented at the 2021 Institute of Coaching Harvard Medical School Coaching in Leadership and Healthcare Conference.