

## Maggie DiStasi, Professional Certified Coach

Maggie DiStasi is a Professional Certified Coach and Principal, Process-Based Living. She also works with PeopleDynamics Learning Group (PDLG) as an associate coach and as a member of the faculty of their ICF and WABC Accredited Business Coaching Advantage Program™. She brings a wealth of business



experience as well as coaching and facilitation experience to her work as an instructor and mentor coach.

Maggie specializes in career transition and leadership coaching. She helps people navigate the uncertainty of career transition so they know what to do next and can start taking action. She also works with executives and emerging leaders to develop the mindful leadership skills needed to lead in an age of fast and constant change. She invites her clients to be thoughtful about how they are showing up in order to create sustainable change and success.

Before embarking on her own career transition to coaching in 2009, Maggie established a successful career in financial technology management. Her last position was Vice-President, Technology for one of Canada's major banks, wherein she passed the Partners, Directors and Senior Officers Exam (Canadian Securities Institute) and earned her Project Management Professional (PMP) designation. Maggie was also a contributing author to "Starting a Hedge Fund: A Canadian Perspective," (ISI Publications Inc.), along with several industry journals.

Maggie completed her coach training to become an Adler Certified Professional Coach (ACPC) and now holds the Professional Certified Coach (PCC) designation from the International Coach Federation. She is also recognized as an Applied Mindfulness Meditation Specialist (University of Toronto) and is certified in emotional intelligence assessment (EQ-I 2.0™ & EQ360). Maggie works with individual career transition clients across a wide variety of industries, and new entrepreneurs. She created and delivers a well-lauded coaching program for women, called: "Break the Glass Ceiling: Develop Essential Skills to Advance Your Career."

In her individual and group coaching work with executives and senior managers, Maggie's clients have included: Panasonic, Canadian Corporate Counsel Association, University Health Network, Sick Kids Hospital, Rogers Communications, Stephen Thomas Ltd., and Marketing CoPilot. She co-facilitated "The Courage to Lead" program at University Health Network, and develops and delivers workshops for many organizations (most recently Scala Network, Ontario Expressive Arts Therapy Association, Mandrake Human Capital, The Mint Agency, and Adler Scandinavia). Maggie is also a mentor and facilitator for Scala Network's "Take the Lead" Leadership Development Program.

Maggie is open-minded and non-judgmental, and known for her deep capacity for self-reflection and awareness-creating. She discovered her expansive sense of humor later in life and is taking great delight in making up for lost time by engaging with her clients in a way that makes personal and professional change accessible. After an early life experience with advanced stage cancer, Maggie learned an important lesson about valuing the quality of our present experience. She helps her clients slow down in the moment to take stock of what exists now and find the courage to nurture their true ambitions.

Maggie is a trained public speaker and long-term Toastmaster, and has keynoted and delivered speaking presentations across Toronto on the topics of career transition and mindful leadership. She holds a B.A. in Management Economics from the University of Guelph and is currently enrolled in the Strategic Leadership Advanced Certificate Program at University of Toronto.