



Empowering the
Whole Person™

Lynda Pedley, MBA, CPT, RYT Professional Integral Coach™ Bio



Diversity, flexibility and life-long learning have been the hallmarks of Lynda's career. Lynda has over 30 years of executive and management experience in several departments in the Canadian Public Service. After many years specializing in Information Technology and Internal Audit, Lynda re-oriented her career toward leadership development, having seen an opportunity to share her experience and her passion for human development with other leaders. In this role she created the Coaching Program at the Canada School of Public Service where she was also a member of the Leadership Faculty, facilitating some of the *School's* pivotal leadership development and coaching programs.

Lynda is a Profession Integral Coach™, certified through Integral Coaching Canada (ICC), a leading Canadian coaching school. She has extensive experience coaching and mentoring executives and others in the public and private sectors on a wide range of professional and personal development topics. Lynda has designed and facilitated numerous leadership, teambuilding and coaching workshops and led peer coaching circles. She is an associate of ICC providing phone coaching and other services for students of ICC programs. She is also an active member of the International Coach Federation (ICF) and presented at the Annual ICF Conference in 2008.

Lynda graduated from the Executive MBA Program at Queen's University in 1996. In 2002 she went back to school to pursue her passion for overall well-being. Lynda is an honours graduate of the Fitness and Lifestyle Management Program at Algonquin College. She is also a Certified Personal Trainer with the Canadian Society for Exercise Physiology, a Registered Yoga Teacher and a Certified Sports Nutritionist.

Lynda brings a unique, rich integration of experience as a public service executive, skills as a coach and expertise in energy management, resilience, flexibility and strength to offer a comprehensive, multi-disciplinary, approach to empowering the whole person. She is the founder of a private firm specializing in executive, leadership and lifestyle coaching, and offering workshops on leadership, team building and lifestyle topics. She also provides personal fitness training and private, group and corporate yoga classes.