



ALEX TERREY MEC

CEO OF THE MENTORING EFFECT, HEAD COACH

An expert in mindset, human behaviour and emotional fitness that helps people to accelerate their results and create a psychologically safe and high-performance environment.

"For things to change you have to change. For things to be better you must grow, learn to give and contribute."

CONTACT



alex@thementoringeffect.com



+61-431-473-660



19 Essex Street, Fremantle WA, AUS



<https://www.linkedin.com/in/alexandra-terrey/>



<http://thementoringeffect.com/>



Podcast host: Conscious Leadership

EDUCATIONS & AWARDS

MASTERS IN ECONOMICS

University of Economics, Slovakia

PROFESSIONAL COACH & NLP

The Coaching Institute Melbourne

CULTURE CHANGE CONSULTANT

Enterprise Agility University

LIFE COACH CERT IV

The Coaching Institute Melbourne

LEADERSHIP COACH OF

THE YEAR / 2021 /

International Coach Guild Nomination

RISING STAR AWARD / 2020

International Coach Guild - Winner

Alex is passionate about the transformation of human behaviour and thinking, and its direct impact on our decisions, actions and results. Alex is working with leaders and business owners to improve their results, leadership skills, psychological safety and organisational culture.

She is servicing small and large businesses by delivering her Leadership 6.0 program. By utilising 6 steps leadership formula including NLP, enterprise agility tools and critical thinking frameworks and techniques, she helps people to identify their goals, gaps and strengths to create a holistic strategy for their growth.

With more than 19 years of entrepreneurial experience she grew her own businesses in a range of different global markets; in Europe, Thailand, the Bahamas and now Australia.

She has learned from the experience of leading teams in various countries and industries. She has led her own teams and coached teams in a variety of different organisations. She believes: "Personal development should be a part of our everyday life. It keeps us healthy, happy and vital and keeps developing our brain while we age."

She is committed to the growth of the coaching industry. She is a member of the Master's Academy at The Coaching Institute and International Coach Guild (ICG). She won an award for the ICG Rising Star 2020 and was a

finalist for the ICG Leadership Coach of the year 2021.

She is a Podcast host, and she is a guest on Monday's local radio show to support the community, and motivate and inspire others.

SUGGESTED TOPICS:

- How to create a culture change - where to start?
- How to create happy and successful life - Self-leadership and emotional fitness
- How does leadership create a great culture
- How we create our reality - Perception & Emotions!
- Build an inclusive organisation by implementing new habits.
- How values and beliefs determine our behaviour - Values elicitation
- Unlock your limiting beliefs and beyond
- Healthy mind creates high mental agility and psychological safety

