

CARINA MCDONALD

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**Senior Leadership Development
Researcher and Writer, and Certified
Professional Coach**



Carina is a senior leadership development researcher and professional coach for Creative Coaching and holds over 3000 professional coaching hours helping clients achieve their full potential. She has over 15 years of research activity in the field of human potential and productivity and has 12 years international business experience.

In her role, Carina works with high performing individuals and teams focusing on strategic design and tactical implementation. As a mindset and personality specialist, she partners with clients to understand and address barriers.

Carina has a range of coaching experience in industries including: academia, military, emergency services, retail and the energy sector. She works with individuals, from executives and emergent Millennial leaders, to Olympic athletes and military officers.

Carina has a certificate specializing in ontological coaching from the internationally recognized Newfield Network Coach Training Program (NCTP) and is an Associate Certified Coach (ACC) with the International Coach Federation (ICF). She is a certified provider of the MBTI® Step II™ Instrument and Strong Interest Inventory® and a Gallup Strengths-Based Educator. She also holds a Masters in Strategic Studies (MSS) from the Centre for Military and Strategic Studies at the University of Calgary.