

MARY JO MACDONALD
BA, PCC
Certified Executive Leadership
Coach



Mary Jo is a certified executive leadership coach (2300+ accredited coaching hours) with a breadth of senior and executive-level professional experience across finance, legal, energy, engineering, human resources and supply chain management, Mary Jo partners with her clients to strengthen their awareness of their own impact, resources and abilities and supports them in achieving results through an operations and behavioural focus.

Mary Jo brings a wealth of knowledge and experience to her coaching clients, having held progressively responsible senior positions with IBM over 13 years, and having spent a decade in strategic executive retained search and talent management roles, from both the client and the service provider side.

Mary Jo coaches for both performance and development and has refined expertise in the areas of leadership development of high potential individuals, career transition assistance (new role, return to work, job loss) and targeted assistance in addressing specific challenges to accelerate awareness, resourcefulness and sustainable action. Her keen focus is on strengthening and empowering her client's impact, confidence and capabilities and helping them find or continue to achieve total personal and professional satisfaction. She operates under the philosophy that *"you can't do things differently until you see things differently"*.

Mary Jo is a Professional Certified Coach (PCC) accredited by the International Coach Federation (ICF), holds an undergraduate honors degree in Political Science from the University of Western Ontario and a graduate certificate in Executive Coaching from Royal Roads University.

In addition to being a Creative Coaching Preferred Service Provider, Mary Jo runs her own Executive Coaching practice in Calgary, Alberta.