

I know what it's like; I've been there.



I'm still there, leading, advising and coaching individuals and teams to achieve breakthrough performance with some of the biggest brands and greatest thinkers in Canada – from CTV, Cadbury and Loblaw to Seneca College. For 20 years, I've helped leaders with bold goals – for themselves and their teams – make them a reality.

## Heather Sheehan Managing Partner

I started as an HR business partner, navigating the intricacies of benefits plans and compensation structures, employee relations, recruitment, org design, and all other facets of people management. As I worked my way through the manufacturing, packaged goods, media and retail industries, I developed an affinity for leadership and talent management. I went on to lead the Learning and Talent Development function for Loblaw, including all training solutions and learning technology enablement for 190,000 colleagues across the country.

Today I help shape high performing individuals and teams across a myriad of industries, to make great things happen at work. Here's how I can help you:

### COACHING

Get real with all aspects of your life – from the good to the bad and even the ugly. Take action to make big shifts and changes, identify and blow up baggage that's holding you back, set goals and accomplish them.

- 1:1 individual coaching
- Intact team coaching

### LEARNING + TALENT DEVELOPMENT

Shape a learning intervention that suits your unique needs, engages your audience and delivers lasting results.

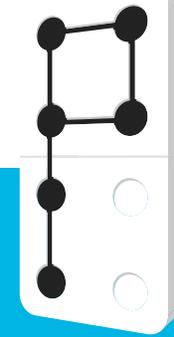
Deliver creative and sustainable learning solutions that work within your business environment and budget.

- Program design, development and delivery
- Flexible facilitation formats where and when you need them (in-person or virtual)

### TEAM EFFECTIVENESS

Based on your needs and goals, design highly interactive team effectiveness events that are fun and engaging, and also foster insight and learning about teamwork that can help you back in your day job.

- Program design, development and delivery
- Event management and planning



## PERFORMANCE PROS

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### CERTIFICATIONS/ ACCREDITATIONS:

I'm a pretty practical person, and I feel my experience is my greatest asset. However, I know certifications are important too. I have a few, including:  
Certified Professional Coach (ACC)  
Certified Human Resources Leader (CHRL)  
Certified Training & Development Professional (CTDP)  
PROSCI Change Management Certified  
Certified Training Manager/Director (Langevin)  
Certified Virtual Trainer (Langevin)  
Instructional Designer (Langevin)

We spend so much time at work. Let's make it amazing!