

CARDINIA BUSINESS COACHES PROGRAM

COACHES BIOGRAPHY

NAME Rachelle Mechielsen

PROFESSIONAL BACKGROUND:

Rachelle is an experienced, skilled and intentionally curious coach, HR and safety practitioner, and facilitator. She has a warm, insightful style and is motivated and inspired by empowering individuals, teams and organizations to achieve their full potential.

Rachelle has over two decades experience at senior leadership level in businesses ranging from family-owned SME's to global corporate entities, predominantly across the manufacturing and industrial sectors. She spent the first decade of her career in Finance and Business Systems, before following her passion for people into the Human Resources and Safety domains where she has specialized for the last decade. She draws on her broad business experience and insights to successfully coach individuals and leaders at all levels; manage high performing teams; and complete business integrations, system implementations and complex change management projects. She also has significant experience managing workers compensation premiums and complex claims.

Rachelle is a **certified coach** with the *International Coaching Federation* and completed her coaching training with *ACAP (Applied College of Applied Professions)*. She has trained in **ACT (Acceptance and Commitment Therapy)** under *Dr. Russ Harris*, and completed **NLP Practitioner Training** (Neuro Linguistic Programming) with *Inspired Results*. She is a certified **DISC practitioner** via *DISC Profiles Australia*. Rachelle has a **Diploma in Competitive Systems and Practices** and applies continuous improvement principles in all facets of her work.

AREAS OF PROFICIENCY

Professional services:

- ☒ Management
- ☒ Organisational Design
- ☒ Business and strategic planning
- ☐ Marketing/Social Media & Influencers
- ☒ Finance
- ☐ Legal
- ☒ Human Resources
- ☒ Import / Export
- ☐ Tendering
- ☒ ISO Accreditation

Hospitality and tourism

- ☐ Hospitality professionals
- ☐ Tourism professional

Agriculture and agribusiness:

- ☐ Agriculture
- ☐ Agribusiness

Industry and infrastructure:

- ☐ Real Estate Development
- ☐ Property Management
- ☒ Construction and Engineering
- ☒ Manufacturing
- ☒ Information Technology (IT) Services
- ☐ Renewable Energy
- ☐ Environmental Services
- ☒ Transportation and Logistics

Sales and distribution:

- ☒ Sales professionals
- ☐ E-commerce and Online Marketplace
- ☒ Non-profit and Social Enterprises

Other:

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ADDITIONAL INFORMATION

Rachelle has a keen interest in and lived experience within her family of mental health and neuro-divergence (including ADHD, Autism Spectrum Disorder, anxiety and Bipolar Disorder). She is a parent of two now-adults, one new baby and a very stubborn rescue dog! www.intentionalcuriosity.com.au