



Sylvia Bellamy

Relationship, Career & Wellbeing Coach

RECENT INDUSTRY EXPERIENCE

PROFILE

Sylvia has spent most of her working life as an expatriate, mainly in the Middle East, as an HR Consultant, coach, facilitator and trainer, designing and delivering initiatives to help leaders build individual, team and organisational capability.

In addition to her business and people management expertise, Sylvia is a certified relationship coach, a role that she credits for enabling her to support individuals and organisations positively and intentionally through challenging change. Her 'systemic' approach helps build trust, communication and alignment while reducing conflict and negativity. Together with a strengths-based focus, she is able to help clients develop their innate leadership capability and confidence making it easier to handle difficult conversations and challenges, especially in ambiguous multicultural contexts.

One of her favourite mantras is 'never say never' having learnt from experience that there are infinite possibilities and opportunities in life when we get out of our own way. Knowing this makes Sylvia a great partner when you know you have more to give but not sure what that might look like or need a supportive push to follow a special dream.

Clients describe her style as insightful, warm, nurturing and gently challenging, with a focus on deepening self-awareness and releasing potential.

Sylvia loves being in nature close to birds and water, gardening, and playing walking netball (safer and more fun!). She loves repurposing items to give them a new lease of life and sees time with friends and family as precious.



[Sylvia Bellamy](#)

Innergy At Work / Amazing Expats

2007 – present

Independent HR and Coaching Consultancy, designing and delivering leadership, team and organizational change initiatives to corporates, MNCs, NFPs, SMEs, and Government bodies. Projects include: determining and aligning organizational vision, mission and values; building and implementing competency frameworks; leadership training and development; executive coaching; high performing team coaching; team alignment; assessing and building HR capability.

Facilitator for Business Model You© career design tool for teams and individuals and Team Diagnostic Assessment for team leaders and teams.

Coach clients in the NFP/education sector have included:

- Regional Director Middle East, United World Colleges (UWC)
- UWC Selection Committee, GCC, Middle East
- Educational specialist – UNICEF (Kenya)
- Chief of Mission, IOM, Bangladesh
- National Programme Officer, UNOPS, Cambodia

Wellbeing & Resilience Facilitator

2020

Recently trained to deliver a preventative wellbeing and resilience curriculum for 10 – 18 year olds. Delivering to individuals and private groups.

Cultural Trainer – Australia, France and Bahrain

2010–present

Deliver cultural orientation programmes to corporate assignees to support their assimilation into their new country and work context. Coaching accompanying partners to maximise their expatriate experience.

EDUCATION & PROFESSIONAL MEMBERSHIP

University of Strathclyde

Masters in Adult Guidance (2010)

Fellow - Chartered Institute of Personnel & Development, UK (FCIPD)

Fellow – Australian HR Institute (AHRI-FCHRP)

Member of the Career Development Institute, UK (MCDI)

COACH TRAINING & SPECIALISM

PCC - Professional Certified Coach, International Coaching Federation (ICF)

ORSCC-Certified Organisational, Relationship & Systems Coach (2011)

CPCC-Certified Coactive Professional Coach, CTI, USA (2009)

Certified Clarity Coach, UK 2018

Certified Practitioner – Team Diagnostic Assessment©

Certified Facilitator Business Model You©

Psychometric Assessor – SHL and Saville instruments

Mental Health First Aid Certification