



PROFILE

Originally from the UK, Sylvia has spent most of her working life as an expatriate, mainly in the Middle East and now Australia. Working as an international HR Consultant, coach, facilitator and trainer she has designed and delivered numerous initiatives to support leaders in building healthy organisations and nurturing individual and team capability.

Sylvia's business and people management experience, combined with specialised training in careers, team dynamics, psychometrics and mental wellbeing, enable her to support professionals facing many of today's business and personal challenges, especially in multicultural contexts. Her lived experiences also colour her work: caring for aged parents; dementia; chronic anxiety; divorce; single parent; working mother; grief.

Whether it is handling change, difficult relationships, career choices, conflict, life transitions, professional development anxiety, loss, or simply wanting a space to think, Sylvia's warm, insightful, nurturing and gently challenging presence creates a safe space for clients to explore possibilities, deepen self-awareness, recognise their strengths, values and inner wisdom and uncover their innate potential.

Her favourite mantra is 'never say never' having learnt through life that there are infinite possibilities and opportunities 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.

As well as being a coach, Sylvia is also a carer, mother, nature-lover, crafter, traveller, gardener, publisher, and loving repurposer of all things that still have life in them.



[Sylvia Bellamy](#)

Sylvia Bellamy

Clarity Coach: Career-Leadership-Wellbeing

RECENT INDUSTRY EXPERIENCE

Innergy At Work: 2007 to present

Operating as an independent HR and Coaching Consultant designing and delivering leadership, team and organisational change initiatives to corporates, MNCs, NFPs, SMEs, and Government bodies in the Middle East and Australasia. Has included cultural change, competency frameworks, leadership development, executive coaching, team coaching, and wellbeing.

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:

- Outplacement clients from Australian university/schools
- 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

Mental Wellbeing Coach since 2022

Coaching professionals in the digitech industry to live and work with less stress and more clarity, calm and joy.

Wellbeing & Resilience Facilitator since 2020

Deliver preventative wellbeing and resilience curriculum to young teens.

Intercultural Specialist – Australia, France and Bahrain: Since 2010

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)

COACH TRAINING & SPECIALISMS

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

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

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

Certified Clarity Coach, UK (2018)

Certified Practitioner – Team Diagnostic Assessment© (2012)

Certified Facilitator Business Model You© (2015)

Psychometric Assessor – SHL and Saville instruments (2002)