

## Rebecca Meade

Ko Rebecca (Becks) Meade tōku ingoa. I was born and raised here in Auckland, NZ. E te taha tōku pāpā, on my dad's side I am Kāi Tahu and Ngāti Whatua, e te taha tōku mama, nō Kotarani ia, my Mum was born in Scotland and came to NZ when she was 6. My background has seen me do many things, but all roads have brought me to this point of being able to create safe spaces for others and share my love for people and their success!

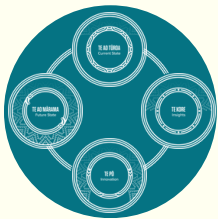


*"One of Becks' most remarkable qualities is her ability to guide without directing. Her holistic approach to coaching encompasses not only professional goals but also personal well-being, encompassing wairua, whānau, and hinengaro – to nurture a harmonious and satisfying life."*



### Background and coaching experience

Becks brings to her coaching a diverse background and extensive experience. With over 6 years of coaching expertise, she has refined her skills in nurturing personal and professional growth. Additionally, as a support facilitator for Māori and Pasifika Leadership programs, Becks has demonstrated a strong commitment to fostering cultural understanding and leadership development within Māori and Pasifika communities.



### Coaching Style

Becks' coaching style draws on experiences, and seamlessly blends traditional and contemporary coaching techniques to provide clients with a transformative and culturally enriching coaching journey. With a compassionate yet assertive approach, she guides clients on their unique journey of self-discovery. Becks emphasises self-reflection and accountability as vital components for personal growth and achievement. As a dedicated professional coach, she is deeply committed to supporting clients in reaching their goals, fostering a transformative and empowering coaching experience.



### Value-add as a coach

As a coach, Becks' value-add lies in her cultural understanding and appreciation of Māori and Pasifika experiences. This insight allows her to tailor coaching sessions to individual needs, integrating matauranga and perspectives to enrich the coaching process. With Becks' guidance, clients not only achieve their goals but also develop a deep sense of cultural pride and authenticity, creating a lasting impact on their personal and professional growth.



### Coaching qualifications and accreditations

Executive & Organisational Coach Certificate (ICF)