

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!

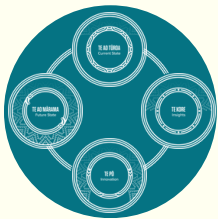


"One of Becks' most remarkable qualities is her ability to guide without directing. Her holistic approach to coaching encompasses not only professional goals but also personal well-being, encompassing wairua, whānau, and hinengaro – to nurture a harmonious and satisfying life."



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)

Angela Wallbank

Ko Angela tōku ingoa, Ko Wallbank tōku ingoa kōpu tāngata. My ancestors hail from the beautiful shores of Aitutaki in the Cook Islands, the far lands of Scotland and beautiful Aotearoa. I was born and raised in Auckland and lived primarily in Mangere Bridge and Avondale. I now live between Auckland and Rarotonga.



" Ange created a space where I could discuss my dreams and obstacles without feeling judged. She helped me deeply reflect on my values and pursue my goals, keeping my Pacific heritage in mind even in heavily westernised environments."



Background and coaching experience

Ange began her coaching journey over 26 years ago in sports, honing transferable skills for fostering high-performing teams within organisations. Recently, she has excelled in facilitating Māori and Pasifika leadership programs, strengthening public, private, and nonprofit sectors. Alongside this, Ange is passionate about health and safety in the workplace, complementing her expertise in cross-cultural engagement and enhancing leadership effectiveness for individuals and organisations.



Coaching Style

Angela's coaching style is all about working with the whole person and all areas of their life. The intergrations of indigenous models brings a sense of clarity that is often missing from workplaces. Her techniques help the client stay focused with all the professional and personal demands they have. She creates a safe space that sparks curiosity, encouraging clients to dig deeper and commit to the process, ensuring progress is meaningful and sustained. This helps clients enhance their leadership in and out of the organisation.



Value-add as a coach

Ange's coaching value-add stems from her deep understanding of the importance of relationships, community, and spirituality in Māori and Pacific peoples within mainstream organisations. Through skilful guidance, she empowers individuals to achieve their goals authentically, enriched by their cultural heritage, fostering a profound and meaningful impact in their personal and professional journeys.



Coaching qualifications and accreditations

Executive & Organisational Coach Certificate - (ICF)

Associate Certified Coach - (ICF)

Bachelor of Sport Coaching BSpC