

Janet Mrenica

Passionate about supporting individuals to become aware and move beyond where one shows up today. I believe there is a leader in every chair.



Coach

Learning Services
and Talent Management

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Biography

Greetings from the ancestral, traditional and unceded territory of the Anishinaabe and Algonquin peoples, Ottawa, Ontario, Canada.

After 30+ years of Bilingual Leadership Management, Janet Mrenica is proud to be associated with Samson and offers professional coaching, facilitation and consulting services. She has 21+ years in the federal Public Service, including 13 at the Executive level. A designated Fellow CPA, she offers a relational systems world view to her clients that integrates finance, leadership development, environmental & indigenous traditions. Her focus on the three centres of body intelligence (head, heart and gut) provides for personal development and transformation in a holistic way.

Janet's public service contributions focus on systemic, community and personal transformation, resulting in the improvement of organizational well being and service delivery. She has a particular interest in developing leadership awareness and skills in aspiring leaders and executives. Her work in financial and corporate services management, human resource development, internal and contribution audit, research of timely policy topics, leadership development and coaching for individuals and teams, results in very satisfied clients.

Janet is an ICF Associate Certified Coach and an Integral Master Coach with Integral Coaching Canada and has the following additional Certifications: Certified Trauma Informed Coach, Climate Change Engagement Coach, Cultivating Safe Spaces Facilitator, ACE Accelerator (WBECS) Certified. She is also a Practitioner of Neil's Wheel, the Enneagram and the Circle Way. Her work is informed by The Working Mind Manager and First Aid Mental Health, Mental Health Commission of Canada. She is a Member of the Global Climate Coaching Alliance. The Instruments she is certified to use include: Certified EQi-2.0 + EQ-360, Change Style Indicator.

When she is not in conversation with her clients or facilitating space for leadership workshops, Janet is an avid crazy walker, spends lots of time with her fur dog babies, with her two grandchildren and whenever she can get away, retreats to her cabin in Elphin, Ontario.