

Sylvie Marcil

The pressure on leaders today is tremendous. My passion is to support them in their challenges and in maintaining their own balance and resilience, based on who they are.



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Biography

Sylvie Marcil is a life-long learner and has a highly diversified background. Her career spans over three decades and started in federal and provincial cultural and science organizations. She has been a geologist, a conservator, a communications & media relations officer, an administrator, a manager for 20 years, and an executive coach since 2013, coaching and mentoring coaches and employees at all levels, most recently within an informal conflict management organization.

The guiding thread in her journey has been wellness and communication driven by a passion of sharing and helping individual find balance in all spheres— physical, mental, spiritual. While in federal government, she developed a mentoring program as well as an internal coaching program and she was involved with the federal and departmental managers' communities for many years.

In her various leadership and advisory positions, Sylvie has worked directly with executives and supervisors and played an active role in change management and many learning & development initiatives. She has coached executives, managers and individuals through many professional and organizational changes.

Sylvie is an Associate Certified Coach in good standing with the ICF (International Coaching Federation) a licensed trainer for the Coaching Out of the Box ® coaching-skills program, and Master practitioner of NLP (Neuro-linguistic Programming). She graduated from Royal Roads University (Executive Coaching), Queen's University (Masters of Art Conservation) and the University of Ottawa (Bachelor of Science- Geology). She is trained to use psychometric tools (Myers-Briggs MBTI™, SuccessFinder™).

In addition, she is an energy medicine practitioner trained in a variety of modalities. She has been on the board of cultural organizations, and also finds balance and perspective through travel, yoga, singing, skiing, cycling, scuba diving, friends and family. She speaks French and English fluently.