



Coaching with H el ene Bellerose

“Everybody’s got a story,
we just don’t know it yet.”

H el ene Bellerose

H el ene Bellerose
Coach and Facilitator

H el ene knows that we all come with our own stories. With a curious heart and depth of experience, she challenges her clients to create great things with these stories. H el ene loves to help people discover more about themselves as they engage in a learning environment. She also believes that coaching has the potential to really change us. All of us.

H el ene is passionate about her roles of Program Leader, Facilitator and Coach. She chose to become a Certified Professional Co-Active Coach (CTI) in 2011. H el ene brings a coach-like feel to the learning environment and creates a space where people strive to be the best they can be. H el ene brings energy, commitment and depth to every initiative. She excels at facilitation and getting her participants to bring their game to the next level. H el ene’s vast experience helps her make learning relevant and impactful. She brings her calm energy to all sessions, with groups large and small. She does all of this with ease in English and in French.

Prior to this phase of her career, H el ene spent several years in sales. As a pharma sales rep, she learned a whole

lot about influencing, presenting and communicating. She also had a brief career as a Social Worker, working with kids and families in elementary schools.

H el ene is privileged to have worked with clients in a variety of industries including pharmaceuticals, media, financial services, telecommunications, manufacturing, and academia. She has worked with clients such as Lundbeck, Pfizer, AMI, BMO, LCBO, CAMH, Canada Post, Honda, Sheridan College, and more. H el ene knows that she learns something from every group, and she shares that learning with her participants.

When she is not working, H el ene loves to spend time in nature, and to travel. Of all she has done, H el ene is most proud of raising three awesome children.

