

Languages

- English (fluent)

Elizabeth Redfern (she/her)

Executive Coach & Facilitator

Based in Melbourne, Australia, Elizabeth has over twenty years' experience in the Asia-Pacific region working with international law firms, corporations, media groups and consultancies in the fields of marketing, communications and business development. As a coach for senior level professionals and executives, Elizabeth brings an understanding of challenging and demanding environments, and a keen interest in developing high performance, personal brand building and fostering female talent.



Elizabeth's coaching style fuses a strong business background with the empathy and creativity needed to help clients reach their fullest potential - both professionally and personally. She delivers coaching both face-to-face and virtually.

Elizabeth works across a range of sectors including law, finance, media/PR, human resources and education. She coaches on Career and Leadership development/transition; Work-life issues (with a specialisation in maternity coaching); Communication and performance management; Impact and influence; Personal brand-building; Business development; Handling confrontation and conflict; Cross-cultural issues.

In addition, Elizabeth has designed and delivers workshops on "Work-Life Balance: Choices, Challenges and Change".

Elizabeth's previous roles include heading the Asia-Pacific marketing and communications team for leading US law firms in Hong Kong, as well as an extensive career in consultancy. She has an MBA, and has undertaken training in Cognitive Behavioural Therapy.

Recent clients include:

- International law firm: Coaching partners and senior associates on career and business development
- International law firm: Providing organization-wide maternity coaching to high performing, female professionals prior to, during and after their maternity leave
- Coaching a senior business development manager at an international law firm to set and achieve goals, and enhance their cross-cultural communication