**Sydney Wiecking, CPCC**

Principal: *Live By Design*

65-1225 Hokuula Rd, Kamuela, HI 96743

808-987-2357

e-mail: sydneywiecking@mac.com

Effective leaders must be attentive to all areas of their life. Addressing a client’s whole life; honoring their intellectual, emotional and physical health creates a foundation that fosters healthy relationships, creativity, and transformation. My coaching has addressed the following:

**Career Challenges**

People long for a career that offers fulfillment, growth, and purpose, and is aligned with their values and belief system. Assessing personality, strengths, and skills helps clients be selective about goals and their vision for their professional life.

**Leaders and Entrepreneurs**

Coaching offers a place to explore visions, planning for expansion, skills for team building and using assessments to help identify their strengths and potential areas of growth.

**Parent and Family Challenges**

Clients benefit from identifying and appreciating successful areas of parenting, recognizing challenges and developing skills and goals to improve relationships within the family.

**Teen Leadership**

Leadership workshops and retreats empower teens to step forward as leaders who have an awareness and responsibility for their social impact on their community. Participants include teens from Hawaii Preparatory Academy; group size ranges from eight to ninety-three.

**Major Life Style Changes**

Clients challenged by chronic disease or other major life changes struggle with re-evaluating their lives and discovering new dreams that are aligned with their values and belief systems. Exploring perspectives and strengths, and identifying the skills necessary to choose alternatives that can re-create a life filled with passion, vitality and purpose. I currently coach clients challenged with diabetes, pulmonary and cardiac disease, chemotherapy and radiation and coach family members impacted by Alzheimer.

**Coaching Tools:** The LPI 360° Leadership Assessment Tool, Taylor Protocols, and Meyers Briggs help to identify a client’s strengths and challenges.

**Leadership models:** Co-Active Level 4 Leadership, DEB &Associates Leadership Alignment, and Cooperrider’s Appreciative Inquiry.

**Sydney Wiecking**

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**Responsibilities and Engagements – Current and Past**

Live By Design - Co-Active Executive and Personal Coach, 2005-2012

Coaches Training Institute – Faculty/Front of the Room Leader 2012

Coaches Training Institute – Ambassador Hawaii 2012

Step Into You – Teen Leadership Workshops and Retreats 2011-2012

Ho’okele -Wellness Coach, Honolulu, Hawaii 2008-2012

Fitness Now- Personal Fitness Trainer, Kamuela, Hawaii 1994 – 2012

Hawaii Preparatory Academy- Counselor, Dean, Teacher, Kamuela, Hawaii 1986 – 1990

Knoth and Meads Advertising Agency - Assistant Account Executive, Ca. 1985-1986

Academy of the Pacific - Teacher, Honolulu, Hawaii 1984-1985

**Client References**

PONO Leadership program, Honolulu, Hawaii 2010

Executive Director, Special Education Center of Hawaii 2010-2012

DGA of Provactive, Human Resources Consultant – Netherlands 2011-2012

Founder and Director of Launch It, Inc. San Ramon, California 2011-2012

Clinical Director Hamakua Health Center, Hamakua, Hawaii 2010-2012

**Professional Development**

Co-Active Training Institute Leadership Program – 2010-2011

Certified Professional Co-Active Coach, CTI 2010

Associate Certified Coach, International Coaching Federation 2010

Certified Wellness Coach, Wellcoaches® 2008

Parent Coaching Certification, The Parent Coaching Institute 2007

Professional Certification, American College of Sports Medicine 2002

Professional Certification, American Council on Exercise 1994

**Education**

Special Education Graduate Studies, San Francisco State University, 1982

B.A. Social Sciences/Psychology, Hawaii Pacific University, Summa Cum Laude, 1981

Punahou Academy, Class of 1976

**Personal**

Sydney is a parent to four children: primary school to college age. Her husband, Dr. William Wiecking, is Director of the Energy Lab and a science teacher at Hawaii Preparatory Academy.

Sydney loves the outdoors; spending time in the mountains and the beach. She is an avid hiker, runner, and cross-country skier and recently completed her first skydiving jump.