



## Owen Woollaston

### Brain-based Leadership Development Specialist

Owen is a friendly, thoughtful and experienced leadership coach with a strong IT background. True to his purpose – *giving teams wings* – he works with emerging leaders to develop soft skills and processes required to get their teams humming.

He has a reputation for establishing high-performing teams and empowering them with the knowledge and skills to thrive after he's moved on.

During his career, Owen has managed innumerable projects, developed electrical hardware and software, developed medical devices, and deployed Agile in a half dozen companies. He's established a number of start-ups in the diverse areas of software development, online retail for baby books and toys, and more recently his own coaching business.

He has coached senior executives, sales professionals, engineers and health professionals on matters of leadership, resilience, self-mastery, stress management, life purpose, career path, sporting goals and work-life balance.

Owen advocates that often clients are hard-skilled grads – STEM majors – science, technology, engineering and math – and struggle with the difficult transition from expert/ technician to leader. Having experienced the Canterbury Earthquakes and the ongoing insurance battles, two company acquisitions and a redundancy while supporting others through these changes, Owen is comfortable coaching resilience. He specialises in coaching people who are stuck – those who want change but don't know how to make it happen.

Based in Wellington, NZ.

*"When first coming into coaching with Owen I didn't have a clear view on what outcome I was after. However Owen helped me to articulate my thoughts on leadership and then put actions behind those thoughts. We set a goal and worked our way towards that through exploring where my challenges were and how to overcome them. I feel through the short few months we've been working together I am already moving from Manager to Leader, being more proactive in my management and feel I'm taking my team on the journey I always envisioned I would. Owen is helping me unlock my potential which is also helping me unlock my team's potential"*

– Sam D, Sales Manager

*"Owen is a skilled and experienced coach who combines a calm and measured approach with the ability to ask incisive questions with ease. He has repeatedly helped me to surface clear insights and actionable strategies related to my personal and professional goals. And he has done this with humility, humour and professionalism"*

– Lucy P, Consultant/ Facilitator

#### Qualifications

Bachelor of Engineering (Hons)  
Associate Certified Coach (ICF)  
Project Management Professional (PMI)  
NeuroLeadership Coach (NLI)

#### Previous Clients

Smarttrak Limited  
Endace

#### Areas of Interest/ Expertise

Neuroscience of Leadership  
Leadership and Agility Coaching  
Team Development  
Project and business process improvement  
Project management

#### At the core

Owen is a husband and father of four kids, and a keen distance runner – road and trail.

#### Why Coaching?

"In 2016 I finally managed to articulate my purpose: "giving teams wings". What works for me is getting teams up and running and then really performing, and looking back it's what I've been doing since those early Agile days. Coaching, in particular team and leadership coaching, plays directly into that. So does having a team of my own – hence still wanting a day job"

#### LinkedIn

<https://www.linkedin.com/in/owen-woollaston-b568245/?ppe=1>

#### Website

[www.ubalancer.com.au](http://www.ubalancer.com.au)