

Valerie Legge, PCC

Associate Executive Coach and Facilitator in Leadership Development



Valerie's passion for ongoing learning has led her from a successful career as a professional musician to training and certification in Coaching, Positive Psychology, Mindfulness and Mind/Body practices. A whole-person approach is obvious in all that she undertakes, coupled with the unshakeable belief that her clients already have the deep inner resources they need to thrive. Valerie specializes in coaching through transitions, supporting her clients to make positive changes in their professional and personal lives.

Valerie has extensive experience as a coach, trainer, and facilitator both in Canada and abroad. She has worked to bring elements of the Coach Approach to a wide variety of corporate sectors, such as education, career transition, the fitness industry, Business English training, consumer goods, retail, and not for profit organizations

Education

- **Professional Certified Coach (PCC)**, International Coach Federation
- **Certification in Positive Psychology (CiPP)**, Wholebeing Institute (2014-2015)
- **NLP Practitioner**, Erickson College International (2012)
- **Clinical Studies in Mind/Body Medicine**, Harvard Medical School (2009)
- **The Art and Science of Coaching (ACC)**, Erickson College International (2008-2009)
- **Certification in Teaching English as a Second Language**, ALI (2001-2002)
- **Bachelor of Music in Performance**, University of Toronto (1975-1979)

Valerie is based in Montreal, Quebec, Canada.

Contact

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