



Mary Guerdoux-Harries

Core Energy Coach

ABOUT

I am a Core Energy coach and I support my clients in learning what drives their energy and what drains it.

I can help you to understand and master your energy and your reactions to stress, so that you can flourish and bring your full potential to all areas of your life.

My passion is for supporting exhausted, over-booked working Mums. I help untangle the various demands and expectations that can lead to stress and overwhelm and support my clients in designing their personalised energy formula, so that they can feel more vibrant and fulfilled.

I do this by working with individuals and also with Human Resources leaders.

I support organisations in identifying internal strategies to better support working mothers and ensure that female leaders thrive at work whilst also being the mother that they wish to be.

My approach is based on Energy Leadership and COR.E Energy Coaching (iPEC).

I am an ACC Certified Coach with the International Coaching Federation and I am trained in using the ELI (Energy Leadership Index) and CoRE Dynamics coaching tools.

I AM LOOKING TO MENTOR

someone who is motivated, driven and open to learning more about themselves in order to get to where they want to be