

**EVE WOODS**

**BComm, CPCC, PCC**  
**Certified Executive Leadership Coach**



**An empowering human development leader, Eve thrives on collaboration to translate innovative ideas into action.**

**BRIGHT WIRE** 

Eve uses her intentional focus and performance mindset to empower leaders to see their true potential. She offers a progressive and innovative approach to high performers looking for the next level of personal and professional success.

Eve has amassed over 500 hours coaching senior and executive leaders to have more self awareness and emotional agility, connect more authentically, take responsibility and lead with confidence. Eve uses her optimistic belief in what is possible to drive results enabling her clients to navigate new scenarios, lead change and chart their career paths with conviction.

Eve has worked in a variety of industries including legal, oil and gas, and wellness in capacities ranging from IT to marketing, internal audit to operations management and human performance development. Eve has held senior leadership positions in these sectors including her role as the Director of professional wellness services for some of Calgary's leading executive.

Eve is a wellness and leadership expert and draws from her extensive experience in high performance coaching and elite athletics to equip leaders with strategies to maximize and realize the height of their potential.

### **Credentials and Designations**

- Bachelor of Commerce, Ryerson University
- Professional Certified Coach (PCC) with the International Coaching Federation (ICF)
- Certified Professional Co-Active Coach (CPCC)
- Positive Intelligence Coach (PQ)
- Certified in EQ-i
- Registered Holistic Nutritionist
- Personal Training Specialist, CanFit PRO