



Practitioner Biography: Stephanie Noon



QUALIFICATIONS

-  Certificate IV Life Coaching
-  Teleran Executive Leadership Program
-  Communication and the Media – UniSA
-  Certificate - Media Skills Training
-  Certificate – Strategic Marketing
-  Member – International Coach Federation
-  Founding Member – High Ideals
-  Project Balance Manager (South Australia)
-  High Ideals Founding Member

BACKGROUND

Stephanie Noon is the principal of Live Life Coaching and member of the International Coach Federation. She is a life coach who helps individuals to seek clarity and confidence to work through issues that are holding them back from enjoying a fulfilling and harmonious life. The *Journey of Self-Discovery* and *Confidence and Happiness* workshops written, developed and presented by Stephanie, have taken hundreds of women on a unique day of learning which blends Stephanie's formal learning with her own life learning, intuition and passion to help others – a very powerful combination. Stephanie has worked with individuals, corporations, councils and educational institutions, delivering tailored sessions with enthusiasm and interest. She is also a consultant to the High Ideals management team and a High Ideals assessor.






Prior to establishing her life coaching business in 2007, Stephanie spent 15 years as a Senior Manager in the area of Marketing and Communication, specializing for many years in public relations. During this time Stephanie was sought after as a speaker at local, national and international conferences; media spokesperson for television, print and radio; a regular on morning television show – Adelaide Today and MC for numerous events.

Stephanie is no stranger to helping others. Outside of her paid work she's a mother and step-mother of four children, senior netball coach, Vice President of a League netball club, netball player and she is also the Chairperson of the school Governing Council. In addition, she has served as a member of the Marketing committee for well respected charity Ronald McDonald House, was a participant in the first Greenfleet Class on the World Solar Challenge and Chairperson of a Women's Advisory Group in the financial services sector.

Stephanie believes that people deserve to feel as happy, confident and fulfilled as possible and it's her passion to help them achieve this.

SERVICES

Stephanie is available to provide the following services through Project Balance:

-  Life Coaching
-  Group Coaching
-  Team Building
-  Public Speaking coaching
-  Motivational Speaker

BOOKINGS

To book this practitioner, please contact Julie Saunders, Business Manager or Gary Scholz, Managing Director, at Project Balance.

Phone: 1 300 766 446

Mobile: 0404 465 449 (Julie); 0432 740 696 (Gary).

Email: julie@projectbalance.com.au; gary@projectbalance.com.au

ADDITIONAL INFORMATION

Workshops

- *Journey of Self-Discovery* (2008) – One day workshop to build self-awareness of limiting beliefs and learning tools for moving forward.
- *Happiness and Confidence* (2008) – One day workshop to build individual's inner belief, happiness and confidence.

Speaker Engagements

- September 2009, School Librarians Association of S.A.
- August 2009, City of Charles Sturt
- July 2009, TAFE SA, Northern Region
- May 2009, TAFE SA, South Eastern Region
- February 2009, TAFE SA, Barossa Region

- February 2007, Melbourne , Marketing Metrics Summit
- August 2006, Adelaide, Australian Human Resources Institute
- March 2006, Sydney, Corporate Social Responsibility Forum
- May 2004, Adelaide, University of South Australia
- November 2003, Sydney, Corporate Social Investment Conference
- June 2003, Sydney, International Credit Union Forum
- March 2002, Melbourne, Best Practice Forum – Australian Credit Unions
- October 2001, Melbourne, Swinburne University
- May 2000, Adelaide, Credit Union Women’s Seminar (speaker and MC)