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HUMAN  
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CONSULTING

STRATEGIES



# CREATIVITY AND LEADERSHIP

MEET CLAIR, YOUR CREATIVE LEADERSHIP COACH



## Credentials

- Professional Certified Coach, International Coaching Federation (ICF).
- Certified Energy Leadership Coach (PCC). The Institute for Professional Excellence in Coaching. (iPEC).
- Positive Intelligence Certified Coach & facilitator (PQ)
- Certified DiSC Coach and facilitator.
- Bachelor of Fine Art, Fashion Design, The Fashion Institute of Technology, NYC
- Interior Design, Parsons The New School, NYC

## Contact Information:

- [clair@rewild.work](mailto:clair@rewild.work)
- [Book a Session](#)

## Clair Wallace

### Mindfulness-based Leadership Coaching for Creatives

Clair is a Mindfulness-Based Leadership Coach for creative people; she is dedicated to empowering creative individuals and leadership teams to reach their full potential, lead with purpose, and maximize their impact. She specializes in one-on-one coaching and crafting custom leadership skills workshops tailored to creative professionals.

## Industry Experience

Before founding her coaching and consulting business, Creative Mindset Coaching, Clair had over two decades of leading teams for Fortune 50 companies like Nike, Adidas, Gap, and Disney as a successful Creative Director and Product Designer.

Clair's years of corporate experience have refined her distinct ability to cultivate results with high-performing individuals and creative leadership teams in fast-paced and diverse environments.

## Philosophy

Clair believes mindfulness is the catalyst for profound change. As a coach, Clair supports professionals through transformation in an inclusive, safe environment inspired by her passion for lifelong learning and personal growth. Her approach centers a mindfulness-based practice rooted in creativity to elevate innovative thinking and cultivate growth mindsets.

Her mission is to co-create adaptive resilience cultures and maximize human potential through mindfulness-based leadership.

# MINDFULNESS AND MEDITATION

MEET HELTON, YOUR MEDITATION AND MINDFULNESS COACH



## Credentials

- **Yoga Teacher Training**  
(250 hours) | Toronto, ON
- **Meditation Teacher Training**  
(200 hours) | Three Jewels  
New York, NY
- **MBSR Teacher Certification**  
(8 weeks) | Mindful Leader
- **Data Analytics**  
(10 weeks) | Brain Station  
Toronto, ON
- **Mindful Athlete Course**  
(6 weeks)
- **Bachelor of Science, Life  
Sciences and Biology, University  
of Toronto**

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- [Book a Session](#)

## Helton Brito

### Mindfulness, Meditation, and Authenticity Coaching

Helton is a Mindfulness Meditation Educator who has dedicated the last decade of his life to being of service to others. Growing up in Toronto he was never exposed to mindfulness or meditation till the age of 25. These teachings helped him to unlock something dormant within him, this setting him to not only deepen his own practice but also help others find their most authentic self to cultivate more peace and joy in their lives. This passion has grown and in 2022 Helton created a Mental Wellness Consultancy called Nice To See Me, focusing on delivering life changing content to corporate employees, youth and athletes. This work is his purpose in life and with every day he looks to build, inspire and motivate those around him to follow their dreams live out their true life's purpose.

### Industry Experience

With close to a decade of experience Helton has worked with clients such as Nike, Converse, PCAOB, University of Toronto and Sonepar, to name a few. With some sessions having over 1300 participants. Helton aims to create a safe space by sharing his lived experiences to better connect with participants and help them to embody practices that they can embody to fit their life styles.

### Philosophy

Helton's background in data visualization and analytics offers him the technical ability to implement and gather data to showcase the power of Mindfulness Meditation. Through teaching, presentations and team building he feels the most empowerment. He feels that to be of service we have to find modern innovations to aid in presenting ideas and implementing technology that is not only visually stimulating but also engaging, mentally enlightening and a true reflection of the growth that his clients experience throughout their mindfulness journey.

# EMOTIONAL INTELLIGENCE

MEET ABRI, YOUR EMOTIONAL INTELLIGENCE AND MINDFULNESS COACH



## Credentials

- Certified Teacher, Coach, and Mentor for the Search Inside Yourself program, born at Google
- Associate Certified Coach, International Coaching Federation (ICF).
- Trauma-Informed Mindfulness Teacher, Trauma-Sensitive Education, LLC.
- Bachelor of Fine Art, Organizational Communication and Leadership Studies, Marietta College

## Contact Information:

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## Abri Holden

### Emotional Intelligence & Mindfulness-based Leadership Coaching

Abri thrives at the intersections of mindfulness and leadership development and is passionate about supporting individuals and teams with tools, practices, and inquiry that enable human and planetary flourishing.

With over 15 years of experience in coaching, facilitating, and leading global leadership development programs, it brings Abri immense joy to be able to support leaders today in navigating the uncertainties of our time and evoke transformation and wellbeing.

Abri is known for her ability to create warmth, safety, and connection with depth, lightness and her full presence, which brings forward the best in others.

### Industry Experience

Most recently, Abri worked at Search Inside Yourself Leadership Institute (born at Google), where she served as a coach, facilitator, and mentor for a variety of clients including: Google, Stanford, United Way, LeanIn. Most recently, she and the team partnered with the Bhutan Ministry of Education and Gross National Happiness teams, where they delivered a mindful leadership program to all 29k government employees in the country, the largest cohort to date.

Abri got her start in the field as a Senior Consultant at Korn Ferry Hay Group, a global consulting firm as well as the Director of Linkage's Women in Leadership Institute, a global conference focused on advancing women leaders.

She is a an ICF Certified Coach (ACC), certified in Trauma-Sensitive Mindfulness, and a contributing author to the book, Mastering Your Inner Critic and 7 Other High Hurdles to Advancement: How the Best Women Leaders Practice Self-Awareness to Change What Really Matters.

### Philosophy

Recognizing that our time is valuable and the choices we make have an impact, Abri's mission is to support leaders who are committed to making positive change and desire to be of service. She believes that every person is creative, resourceful, and whole and that she doesn't have the answers, but by asking powerful questions from an embodied presence, she can support those she coaches in finding their own wisdom within.

# CAREER AND WELLBEING

MEET TRISTAN, YOUR WORK WELLBEING COACH



## Tristan Thornburgh

### Work Wellbeing and Leadership Coaching

As a certified career and leadership coach, Tristan specializes in working with driven individuals who know they want to improve their effectiveness in the workplace. His thoughtful guidance and support helps clients reach their potential to become more productive in their careers and fulfilled in their lives.

Tristan's passion for the neuroscience behind career coaching allows him to apply brain-friendly techniques to assess circumstances, make decisions, and create change in the most effective manner possible.

### Industry Experience

With more than a decade leading marketing teams at organizations of all sizes, from Fortune 500 companies to small startups and creative agencies, Tristan's experience allows him to understand a variety of team dynamics to drive lasting, impactful results in fast-paced environments.

In addition to career coaching, Tristan leads Indeed's Work Wellbeing Project, leveraging the world's largest study of work wellbeing to help employers create better work cultures and help job seekers find companies where they can thrive.

### Philosophy

As a coach focused on improving the core tenets of work wellbeing, Tristan helps clients find more happiness, purpose, and satisfaction in their careers and day-to-day lives.

He partners with clients to refine their values, strengths, and working styles to help them achieve their full potential and become more effective leaders.

### Credentials

- Career management and leadership program facilitator.
- Associate Certified Career and Leadership Coach, International Coaching Federation (ICF).
- Bachelor of Arts, School of Journalism and Communication, University of Oregon.

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# CAREER COACHING

MEET SARAH, YOUR CAREER COACH



## Credentials

- Energy Leadership Index (ELI) Master Practitioner
- Certified Professional Coach (CPC), The Institute for Professional Excellence in Coaching (iPEC).
- BA in Anthropology, Northwestern University

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## Sarah Malin

### Career and Leadership Coaching

Sarah Malin (she/her) is a career coach and owner of LIVELYhood Coaching. She coaches creative professionals to re-orient to work: peel back societal pressures, center on what energizes you and reimagine your work identity. Sarah's leadership coaching focuses on bolstering confidence, improving communication in a distributed work context and empowering each individual to contribute to workplace culture. Her clients leave sessions with a clearer sense of their innate value, stronger stress-regulation and communication skills, and healthier boundaries between work, home, and self-hood.

### Industry Experience

Sarah has had a 12-year design research career across employee experience design, immersive technology, innovation consulting and architecture. Sarah's skill is in defining the driving principles of a design and creating frameworks that simplify human complexity.

While at Nike, Sarah's systems thinking ensured the design of corporate offices linked physical space, services, technology and policy into a cohesive employee experience. Her ability to create safe spaces for candid employee feedback took her around the globe to Nike offices in Melbourne, Barcelona, Tokyo, New York, and LA.

Sarah has also led user research and co-creation facilitation at the immersive technology consultancy, The Extended Mind, the design innovation consultancy Essential Design (now PA Consulting) and within the education studio at the global architecture firm, Cannon Design.

### Philosophy

Sarah believes a new world of work is emerging. As a society, we're shedding inherited beliefs about leadership and work. Instead of leaders who are dominating, confident and self-sufficient, we're calling for leaders who are kind, collaborative and emotionally intelligent. Instead of defining success around competition, speed and quantity, we crave cooperation, patience and meaning. Coaching is an essential tool for empowering and elevating those who want to lead this new model. Together, we can design the future of work we want to see.

# LEADERSHIP AND CAREER

MEET MONICA, YOUR LEADERSHIP AND CAREER COACH



## Credentials

- PCC Certified Coach, International Coaching Federation (ICF).
- Certified Teacher, Search Inside Yourself Leadership Institute
- Georgetown Leadership Coaching Certificate Program
- Myers Briggs assessment, DISC, LEI 360, EQ-I 2.0 Assessment, Change Style Indicator, Healthy Leader Profile
- Bachelor of Science in Foreign Service, International Economics, Georgetown University
- Master's in International Affairs, International Trade and Business, Columbia University

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## Monica Thakrar

### Leadership and Career Coaching

Monica Thakrar is an organizational consultant and coach with over 23 years of experience focused on strategy, organizational change management, leadership development, training, executive coaching, and mindfulness. Monica brings to all of her work a deep understanding of leadership and organizational development based on years of working with organizations, leaders, and managers on leading change, creating high-functioning teams, enhancing leadership capacities, and working across organizational silos.

### Industry Experience

Monica has worked with individuals and organizations to enhance their effectiveness, realize greater efficiency, and develop increased capacities in leading people, change, and organizations. Monica has worked with clients in the private sector (Hanley Wood, IBM, Marriott, MedStar, Nike, KPMG), the public sector (US Agency of International Development, US Department of Agriculture (ARS, NIFA, and NRCS), US Department of Health and Human Services (NIH, SAMHSA, ASFR, and ACL), US Department of Labor, NASA, the National Science Foundation, NCUA, and the US Postal Service), and Academia (Columbia University and Georgetown University).

### Philosophy

Clients describe Monica's approach to consulting and coaching as intuitive, yet practical, which has allowed them to make lasting and positive changes. She ties coaching to practical, real changes going on in the organization and often uses 360 feedback tools to ground her coaching approach in desired outcomes for the individual, the team, and the organization as a whole. Monica works closely with clients to jointly develop goals, provide unbiased support, ask powerful questions to test client assumptions, and create accountability that will result in sustainable transformation and change. Through consulting, coaching, and training she delivers tangible results in the areas of strategic thinking, leadership presence, communications skills, developing teams/staff, leading change, emotional intelligence, generational differences, working across silos and developing overall leadership skills.

# TECH AND LEADERSHIP COACH

MEET BEN, YOUR TECH INDUSTRY CAREER AND ADHD COACH



## Ben Tobin

### Career, Leadership, Growth, and Accountability Coaching for Tech Industry Professionals and People with ADHD

Ben is a career coach with a focus on tech professionals and adults with ADHD. He spent over 20 years in software development, and along the way discovered a love and passion for helping people discover and understand their strengths, and use them to grow in their careers and their lives. Diagnosed with ADHD in college, he knows firsthand the challenges that people with ADHD face. He uses that to help everyone he works with to reach their goals and improving accountability to themselves through better understanding of themselves, and developing personalized strategies.

#### Credentials

- Associate Certified Coach, International Coaching Federation (ICF)
- Bachelor of Science, Computer Science, University of Montana
- Seattle Coach Certified, Cohort 41

#### Industry Experience

Ben spent over 20 years in tech before pivoting his career to coaching others. During his time in the tech industry, he held a variety of roles: Tester, Systems Engineer, Software Engineer, Director of Development, and Software Development Manager. He spent over a decade at Amazon, where he worked in Seller Central, Alexa, Fire Phone, and Amazon's Search Engine. As a manager and leader, he built teams from scratch, reorganized teams, and his team became known as a destination for boomerang employees that had previously left the company.

In his own time, he built a mobile app in the early days of Android that was featured in "Amazing Android Apps for Dummies". He also served as Technical Reviewer for the book "Technical Program Manager's Handbook" by Josh Teter and wrote the preface.

#### Philosophy

Ben meets each of his clients where they are, collaborating with them to learn what works for them right now, and then helps them build up on that foundation. Ben knows that he works with really smart people who don't need to be told what to do. He helps them access their own expertise, values, and ambition to build plans and strategies that are true to them. With an experienced and deeply curious perspective, he helps people unlock their own thinking about what's possible.

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