

## **Vanita Bellen, MHS., PCC, CPDC**

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Vanita engages individuals and teams in thought provoking processes that help unpack their thinking and create powerful insights that reveal new possibilities. Using an analytical and intuitive approach she supports clients in tapping into their authentic talents and guides them with a diverse toolkit derived from neuroscience, psychology, and proven leadership practices to craft customized and creative solutions.

Vanita supports emerging and seasoned leaders in reaching heightened levels of individual and organizational success by skillfully blending self-examination and capability enhancement. She specializes in coaching physicians and executives to increase their influence and impact, enhance emotional intelligence and learn the business of healthcare so they can expertly lead their teams and transform health care delivery.

Formerly a healthcare executive in human resources and organizational development, Vanita understands the intricacies of complex and highly regulated organizations. She has a proven track record of transforming cultures within challenging environments, re-engineering systems to improve effectiveness, and designing and implementing shared leadership models.

In 2013, Vanita transitioned to a career as a coach and leadership consultant, receiving her training from the internationally recognized ontological coaching school, the Newfield Network. She holds a professional coaching designation (PCC) with the International Coach Federation, is a certified mediator and a certified Physician Development Coach. A lifelong learner, she has augmented her coaching skills with studies in the areas of neuroscience, positive psychology and presence based practices. In 2017, Vanita was selected to become a member of Forbes Coaches Council.

Vanita is an administrator for the Myers Briggs Type Inventory (MBTI) and Change Style Indicator, is certified in the Center for Creative Leadership's 360-degree tools and the Accelerated Implementation Methodology (AIM) process for leading change. She is proficient in the use of the Enneagram, a tool for strengthening self-awareness and enabling self-development. A thought leader in her field, she is a published author, and has been featured in Forbes, Training Industry and OD Network.

Vanita holds Bachelors degrees in Science and in Business Administration from the University of Manitoba in Canada and a Masters in Health Sciences from the University of Toronto. She teaches at the post-graduate level at the University of Denver. As a volunteer, she has served on the board of the non-profit organization, Earthlinks, dedicated to ending homelessness, and she provides leadership and strategic planning consultation for non profit organizations through Catchafire.