

HEATHER O'NEILL JELKS, MSOD, CPCC, PCC
President, Nautilus Coaching & Consulting, LLC
Heather@NautilusCoaching.com
703-836-1571 (office) 703-209-8577 (mobile)

Profile

Ms. Jelks is a leadership and team development consultant with over 20 years of experience in growing the potential of individuals, leaders, and teams to create workplaces where people flourish. Through a variety of offers, including executive coaching, leadership team coaching, training design and delivery, and retreat facilitation, she partners with leaders in government, industry, health care, and non-profits to optimize productivity and positivity in their organizations. Leaders working with Heather cultivate their executive presence, take actions that capitalize on their strengths, and develop their capacity to build inspired teams. Organizations that partner with Ms. Jelks enhance their leaders' levels of mindfulness, emotional, and conversational intelligence in order to optimize their team's outcomes.

Areas of Expertise

Executive and leadership coaching	Leadership program training design & delivery
Management & leadership team coaching	Retreat/meeting design and facilitation

Professional Experience

Nautilus Coaching & Consulting, LLC **2008-Present, Alexandria, VA**

Founder and President

Established an executive coaching and leadership development consulting firm dedicated to the development of masterful leaders. www.nautiluscoaching.com

Coaching and leadership development consulting clients include: The Federal Reserve Board of Governors; U.S. Food & Drug Administration; The Bowhead Family of Companies; Primatics Financial; VectorWorks, LLC; Holy Cross Hospital; US District Courts; MD/DC Credit Union Association; Morgan Stanley/Smith Barney; and Sidwell Friends School.

- Co-designed and delivered a 9-month transformational leadership development program, *Resilient Leadership*, for over 500 leaders at the FDA that included training, one-on-one coaching, webinar delivery, and facilitation of peer coaching groups.
- Delivered *Search Inside Yourself*, a two-day mindfulness-based emotional intelligence training for leaders at The Campagna Center and a keynote version to leaders at The Renaissance Forum and the Young Professionals Network for the MD/DC Credit Union Association.
- Designed and facilitated two customized 6-month leadership and team development coaching engagements for executive leaders at The Bowhead Family of Companies that resulted in improved levels of trust, collaboration, and leadership effectiveness.
- Designed and delivered leadership development training programs in the areas of Mindful Leadership, Emotional Intelligence; Leader as Coach; Resilient Leadership; Conflict Management; and Capacity Management for leaders in health care, government and corporate settings.

- Provided one-on-one leadership coaching to experienced and emerging leaders in numerous government, corporate, health care, and non-profit organizations. Clients have included SES level federal executives, corporate CEO's, and next generation leaders.
- Designed and delivered a 6 month leadership team coaching engagement for the MD/DC Credit Union Association based on Lencioni's *The Advantage* framework that resulted in an increased level of team cohesion and clarity re: team purpose, values, and agreed-to team behaviors.
- In consultation with the Chief Nurse Executive and Chief Medical Officer, developed and facilitated a collaborative process to improve physician-nurse relations at Holy Cross Hospital that included the facilitation of focus groups and group sessions to identify key areas for relationship improvement and specific recommendations for enhancing communication and conflict resolution.

Adventist HealthCare

1995-2007, Gaithersburg, MD

Organization Development Internal & External Consultant

- Co-developed and delivered a leadership development curriculum at Adventist HealthCare based on 360° feedback results for over 100 leaders. Courses included: Situational Leadership; Meeting Management; Dealing with Difficult Behaviors; and, Coaching for Improved Performance.
- Designed and facilitated leadership retreats and team building experiences for intact teams.

Education

Team Coaching with Team Coaching International

Mindfulness-Based Stress Reduction Train-the-Trainer with Jon Kabat-Zinn

Graduate Certificate in Conflict Resolution for Health Care Professionals, Institute for Conflict Analysis & Resolution, George Mason University

Train-the-Trainer in Negotiation Skills, Program on Negotiation, Harvard University

M.S. in Organization Development, American University, AU/NTL Program

B.A. in English, Cum Laude, Georgetown University

Certifications

Certified Somatic Coach, The Strozzi Institute.

Certified Professional Co-Active Coach (CPCC), The Coaches Training Institute.

Professional Coach Certification (PCC), International Coach Federation.

Certified facilitator in: *Search Inside Yourself*; *Resilient Leadership*; *Organizational Transition*.

Qualified to Administer: Leadership Circle Profile 360° Feedback Instrument; Leadership Culture Survey; Emotional Intelligence (EQ-i), Myers-Briggs Type Indicator; Highlands Ability Battery; DiSC & the Strengths Deployment Inventory.

Public Presentations & Publications

Co-author of *Missing Conversations: 9 Questions All Leaders Should Ask Themselves*, 2015.

Co-presenter, *Resilient Leadership* at the Metro DC ICF Annual Conference, 2015.

Co-presenter, *Missing Conversations* at the Leading to Well-Being Annual Conference, George Mason University, 2014.

Presenter, *Embodied Leadership: A Wake-Up Call for Authentic Commitment* at the International Leadership Association Annual Conference, 2011.

Co-Presenter, *Awakening Leadership Presence* at the International Leadership Association Annual Conference, 2010.