



SYLVIA ABERGIL, ORSCC

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PROFESSIONAL OBJECTIVE:

As a Certified Relationship Systems Coach and Facilitator, I am delighted to bring awareness to the power and potential of human relationships. My special niche is working with organizations, teams, families, couples facing challenges in all degrees of diversity.

PROFESSIONAL EXPERIENCE & SKILLS:

- Coach groups, families, couples and individuals with personal and professional relationships.
- Create and design workshops for Self-Empowerment and Diversity – recognize strengths, weaknesses, overcome barriers, limitations, expectations, recognize self-potential and learn to resolve toxic communication patterns.
- Project management, design and supervise expansions of small to large organizations.
- Hire, train and mentor employees in various positions.
- Chair and facilitate management meetings and boards.
- Excellent strategic thinking skills; able to recognize key business issues.
- Able to provide business focused solutions to the specific needs of the Organization.
- Create and customize timelines, a pathway to accomplishing the identified goals.
- Develop and organize various programs for organizations.
- Create policies and procedures manuals.
- Formed and facilitated focus groups for various programs launched through the Ontario Ministry of Health.

PROFESSIONAL TRAINING & CREDENTIALS:

- Certified Organization Systems Relationship Coach, CRR (2010)
- Alchemy 3 (Co-facilitation Program), Center for Right Relationships (CRR) (2010)
- Trust in Relationships Workshop, Center for Right Relationships (2010)
- Emotional Healing Program, Transformational Arts College (2010)
- The Inside Team Certificate Program, Center for Right Relationships (2009)
- Co-Active Coaching, Fundamentals Program, The Coaches Training Institute (2009)
- Monthly Coach Program (1 Yr. Program), Sharma Leadership International (2009)

EDUCATION:

Ryerson University, Business Program (1994)
Ontario Ministry of Health, Public Administration (1987)
Computer Specialist, Seneca College (1985)

PROFESSIONAL HISTORY:

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| Founder/President, Adina Consulting Inc. | 2000 - Present |
| Manager, Sensyst Business Interiors Inc. | 1996 - 2000 |
| Consultant/Program Manager, Ontario Ministry of Health | 1984 - 1994 |

MISCELLANEOUS:

- Member of the International Coaches Federation
- Co-Community Holder, ORSC GTA, Center For Right Relationship (2010)