



Dr Alex Stol

Alex has worked in a number of occupations including economist, education policy advisor and training evaluator. These have led to her work in the field of organisational psychology, where she specialises in learning, coaching and leadership development.

Alex holds degrees in Economics and Chinese, and has studied Chinese language in Beijing. She is a registered Psychologist, holds a Masters in Industrial-Organisational Psychology and a PhD in Leadership Development (University of Melbourne).

Since 1997, Alex has worked as an organisational consultant. She brings extensive experience through organisational consulting around business re-structure and change, using tools such as climate surveys and qualitative assessments to provide insights into the dynamics of teams and organisations. Her practice has delivered group executive level interventions addressing key strategic requirements, team process facilitation and the design and delivery of education and training programs.

In 2001, Alex began working as an executive coach, and continued her broader organisational work. Both her PhD research and consulting practice has focused on the best way to facilitate significant behavioral change in leaders. Through her coaching relationships she facilitates transformation in thinking, behavior and performance to achieve the stated objectives she co-designs with each individual and the organisation. Her methodology draws from a wide range of experience across many levels and types of leadership (CEO, executives, professional service providers and line managers). She also draws from the latest coaching research, and an active reflective practice that includes working with a supervisor, skilled peers and other experts to ensure the most effective tools and methods are applied for each individual. This approach recognizes both the need for expert practice to be balanced with the very individual requirements in the context of the current situation.

Alex's work spans financial, manufacturing and resource industries - clients have included AXA, BHP Billiton, Coles Group, Fosters Brewing Group, Price Waterhouse Coopers, Telstra, University of Melbourne, Westpac Bank and Commonwealth and local government bodies.

Alex has worked overseas for various periods, and has traveled extensively through Europe, Asia and the Middle East. She has 2 young daughters and works both independently and collaboratively, as well as enjoying family life. Whenever she has an opportunity she performs Theatresports and maintains her connections with the international academic community on all things organisational. She is a member of the Global Coaching Convention, International Coaching Federation, European Mentoring Coaching Council and the Australian Psychological Society.

