

Hi, I'm
Adele Harvey



**Courageous
Leadership Hub**

With over 14 years' experience in professional technical (engineering & project management) roles in large multi-national companies, I found that our most significant problem was navigating people dynamics, rather than solving complex technical problems.

As a scientifically minded and dynamic person, I undertook a semi-quantitative analysis across various settings beyond the traditional office environment – to understand the elements that support people to thrive – both individually, as leaders and in teams – when under stress.

It was especially insightful to examine behaviours, thought patterns and beliefs that come into conscious awareness when physical safety is challenged – like standing on the edge of a waterfall that you are about to abseil down – or when you are responsible for other people's precious lives while navigating a white-water rapid.

Through this journey I've learned that the embodiment of our conscious insights integrates new knowledge into our very being. My expertise lies in designing bespoke outdoor and nature-centric coaching experiences.

These are meticulously crafted to resonate with the unique challenges and aspirations of my clients, thereby fast-tracking the realisation of their full leadership potential.

Envision a synthesis of neuroscience-based coaching intertwined with adventures across oceans, canyons, and rivers.....

I have delivered over 70 nature-immersive experiences and retreats (in Australia, Switzerland, Bali, Ecuadorean Amazon and in Patagonia), both with other companies and with my own consultancy; Noosa Raw.

Engaging with me, you are assured of the professionalism and meticulous attention of a trusted consultant, the empathy and dedication of a coaching ally, and the promise of joyful, transformative experiences that stand unparalleled in their impact and uniqueness.

I look forward to connecting and adventuring with you.

My Values are:

Integrity, Courage, Creativity

Something people may not know about me is...

I spent a month in (mostly) silence in the Patagonian mountains after being bitten by a dog – I hung around for rabies injections.

I'm based on:

The Sunshine Coast, QLD but deliver majority of my services to Clients in Brisbane

My Qualifications include:

- Dare to Lead™ Trained – Brené Brown
- Brain Based Coaching – NeuroLeadership Institute
- Professional Chemical Engineer (UQ, 2011, Hons)
- Yoga and Meditation teacher 350hrs
- Continuous Improvement Practitioner
- Outdoor instructor

Some words from a Client:

“Adele is the best investment I've made in myself and my business. Launching my start-up, I've been struggling with focus, stress, and finding time for physical exercise and self-care. Adele understands the challenges and needs of entrepreneurs, and the importance of getting physical, before getting 'mental'. She is a tireless cheerleader who has helped to build my confidence and make me feel more empowered both in my work and personal life.”

Henk Kleynhans, Qantas Head of Product & SquareBySquare (start-up)