



Shiri Bade

She / Her

Shiri's journey to coaching started with a Masters in Health Psychology in The Netherlands. She served as a psychologist for Holocaust Survivors in Israel. After coming to the US, she became a Professional Certified Coach (PCC) through the International Coaching Federation (ICF) and has worked with thousands of leaders across a range of industries including Technology + Software, Digital Marketing, Engineering, Hospitality + Restaurants, Finance, Healthcare, Non-profit and Fitness. Shiri has worked with leaders ranging from first-time managers to executives, to address topics such as motivation, leadership development, self-confidence, stress and well-being.

Shiri loves working with people who believe they are in charge of creating their own future. She helps clients clarify and achieve the change they wish to see. Her coaching is always tailored to the individual and she'll adjust her approach according to your goals, personality and preferences. You can expect to get challenged, be told the truth, get an insight on your blindspots and be held accountable.

Shiri is currently based in Chicago, with her husband and two sons, and is originally from the Caribbean. She coaches in Dutch and Hebrew, in addition to English.



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I'm Committed To

Inspiring others to create their best life

What Holds Me Back

from Being at My Best

1. Tuning into the critical voices in my head
2. When I feel sorry for myself
3. Loud music
4. Whining kids

I Work Best When

1. People are open & honest with me
2. I can be vulnerable and real with you
3. I get positive affirmations

My Favorite Quote

"Where there's a will, there's a way"
- My grandma (but originally it was George Herbert)

5 Words To Describe Me

Genuine, open minded, insightful, curious, persevering

Do's And Don'ts

for Communicating with Me

1. Do share your personal stories
2. Do tell me the truth; I can handle it!
3. Do open your mind
4. Don't beat around the bush

My Ideal Day Involves

Sunshine, blue skies, being in nature. Some alone time in the morning with hot tea and a book. Snowboarding with my boys

What Makes Me Smile

When I have the people I love around me