



Fleur de Vries

She / Her

Fleur believes that anyone can be a great leader, a leader who is empathic and equitable, and who invests in their people. It is her mission to support leaders in that realization, to help them embrace their whole self, and move the needle to become the best leader they can be.

In her coaching practice, Fleur explores your values, strengths, story and purpose, to help you find the most powerful version of yourself. Her coaching style is intuitive, explorative, supportive, and open-minded. Becoming a coach was like coming home for Fleur because it seamlessly brought together her natural strengths: her curiosity, her desire to make a positive change, and her love for people.

Before she made the official shift to coaching, Fleur worked in Marketing and Communications for 20 years, with both corporate and nonprofit organizations. She has lived and worked all over the world: in media and advertising in the Netherlands, helping people create economic independence in multiple countries in Africa, and improving the consistency in people's day to day health and reducing bias and sexual violence all over the USA.

Fleur has a Masters degree in Science from the University of Amsterdam and is NIMA-B certified in Business Marketing. She is a Certified Professional Co-Active Coach (CPOCC) and a Professional Certified Coach (PCC) through the International Coaching Federation (ICF).



Fleur de Vries

She / Her

I'm Committed To

Helping people find and use their authentic voice as they step into the spotlight as a leader.

What Holds Me Back

from Being at My Best

1. My inner critic
2. Being hypervigilant that things might go wrong
3. When I don't work out and don't take time for myself
4. When I don't listen to migraine triggers

I Work Best When

1. I follow my energy and tune into my intuition
2. There is time for laughter and fun in the day
3. I take time to reflect
4. I come from a place of love

My Favorite Quote

"If you're always trying to be normal, you will never know how amazing you can be."

- Maya Angelou

5 Words To Describe Me

Reflective, Empathic, Curious, Passionate, Fun

Do's And Don'ts

for Communicating with Me

1. Give it to me straight
2. Be reflective
3. Trust there is no ill will
4. Make space for genuine and inspiring discussion that invites all perspectives
5. Don't wait or hold off on giving feedback
6. Don't assume

My Ideal Day Involves

Spending time with family and great friends, having deep conversations, laughing, appreciating the outdoors, being active, having time for myself, doing a great work out, enjoying awesome food, dancing, and live music.

What Makes Me Smile

The smell of the ocean, a nice hike, the sun in the morning, a new idea, an unexpected hug from my kids, when a coachee has an aha moment.