

PROGRAM LEADER INTRODUCTION



Hélène Bellerose

As a Box of Crayons program leader, Hélène has had the privilege of working with clients in Canada and internationally, in both English and French. Hélène’s career began in sales and quickly evolved to sales and leadership training. She is a certified coach and a master facilitator with 20-plus years of experience.

Hélène knows that coaching makes a big difference in people’s lives. She loves to share her coaching knowledge with clients, whom she is inspired by every day. Hélène’s warm energy lends itself to an engaging environment in the classroom, where participants learn and challenge themselves.

A few fun facts about Hélène: she spent a year as an exchange student in Australia — and believes she can now say “G’day” properly — and has a keen appreciation for Tim Tam biscuits. She’s a proud mom to three awesome children, who all happen to be left-handed (probably not a coincidence). Speaking of family, Hélène has 54 first cousins. Yes, a true French Canadian family.

When she’s not working, Hélène enjoys being active, spending time in nature and travelling.

