



60 Seconds with...

TRISH DELLA VEDOVA



With a background across government and private sectors, Canberra-based Trish Della Vedova is an Executive Central Principal Consultant and Executive Coach, with the majority of her work being for the Commonwealth Government.

What led you to executive coaching?

I spent my first 10 years in marketing and media. I was production manager/manager of a media production company, which at that time encompassed everything from ads and media to articles and press – everything!

This led me to North Sydney, which was at that time the centre of the advertising industry, and to advertising recruitment and talent management. I had a lot of exposure to assessments and development around talent, and developed a passion for coaching.

I noticed that you were elected to the Canberra Festival Committee at the age of 22. Can you tell me how that came about?

Being in the media industry at the time, I was exposed to a lot of Festival activity, and worked on several events. I was really enthusiastic about my work, and the committee approached me to join them. It was fabulous – one of the highlights of my career.

I was, and still am, a very productive and people-oriented person. I enjoy developing good working relationships and networks. It's critical to create trust and value. My passion must have been clear, and it gave me a great background for future work.

I am passionate about developing talent. I spent 20 years in talent management, establishing and initiating businesses and forums. I initiated a forum for Program and Project Managers in Canberra, and subsequently Sydney and Brisbane, to enable networking at an executive level. I established Chandler Macleod in Canberra. I also was a co-founder of Women in Information and Communication (WIC), championing the participation of women in ICT industries.

From talking to you today, and knowing a little about your background, I get the sense that your leadership capability has been with you from an early age. What have been the influences there?

Good question! I come from a background of hard work, ethics and productivity – the sort of experience that gives you resilience for life. I had one experience that did surprise me and I didn't understand the honour at the time. I was elected as a Prefect by my peers in year 12 and that was the start of my leadership journey. I reflect on that honour, and the leadership skills I continued to develop. I developed a passion for thought leadership, certainty, confidence and resilience – strengths I enjoy sharing, developing and working with in my work as an executive coach.

You are a highly experienced coach – what do you see as the most important elements of that role?

My coaching was an integral part of talent management. I chose to become a full time executive coach some 10 years ago to work with people to be their very best. The most important elements are trust, evidence, and outcomes. I aim to establish a relationship as this is critical to engagement. I work to ensure the meetings are safe and confidential to enable change, self awareness and positivity. I also work to share stories, mistakes and tools to provide constructive and transferable skills and development.

The most valuable outcomes are evidenced in behavioural change, awareness and objectives that are achieved throughout the program. And seeing the satisfaction, understanding and fulfilment of the coachee is success.

What do you do to relax and recharge, Trish?

Walking, pilates, reading, travel, sharing and eating great food and spending time with family and great friends is really important to me.