



Sheila Bouman www.highimpactlab.com

I bring close to 20 years of experience helping organizations transform, with eight years as a C-suite executive leading growth and change in public and non-profit organizations. Prior to that, I co-created two Organization Development consulting firms focused on helping leaders shape and implement strategy by putting their people first. I have guided changes in the areas of mergers and acquisitions, high growth and expansion, large-scale tech and product implementations, and leadership /culture development.

Partnering with leaders to build capacity in themselves and their organizations has always been core to my professional and volunteer work. Leaders who strive to have a higher impact will effectively align strategy, structure, and culture so that people - customers, employees, and community - can benefit. Clients and peers often complement my ability to help people clearly articulate what results they want to see and what this means for how they lead themselves, their people and their organizations.

Today I am a partner at High Impact Lab, a consulting consortium committed to accelerating results by elevating leadership impact. We surface real conversations that strengthen people's connection to themselves, to their teams, and to a purpose that matters. Our applied approach focuses on creating interactions where there is reflection, constructive conversations, and shared accountability to take bold actions to lead strategically in today's environment.

In addition, I am on the Board of Destination BC and an active volunteer to advance gender equity across sectors in British Columbia. Whether I am contributing as a Board member, a volunteer or a consultant, my commitment to help good people do great things in steadfast.

Born and raised in Vancouver, I graduated from the University of British Columbia with a Bachelor of Arts and a Bachelor of Education, and am also a certified Executive Coach. For fun you can find me in the mountains with my husband and travelling to explore new places with my two adult daughters.
