

Nathalie Heynderickx

Sustainable High Performance Expert

Leadership | Mindset | Wellbeing



In the age of AI, technical challenges are complex, but it is the human ones that determine success. Research from Gartner, Deloitte and the World Economic Forum confirms that empathy, trust and emotional intelligence are decisive differentiators of sustainable performance and impact.

With over 20 years in technology and human centred leadership, she helps executives lead with confidence, clarity and impact. She began as an SAP programmer and built 15 years of corporate experience across Australia and Brazil. In parallel, she trained as a yoga teacher and mindfulness instructor, practices that became integral to how she leads myself and others. This blend of technical depth and mindful practice makes her a different kind of leadership expert. She is a certified executive coach focused on sustainable high performance.

Nathalie works with leaders at every stage of their careers, from aspiring managers to senior executives, including CIOs, CTOs, Heads of Technology, Heads of Data, Heads of AI and General Managers of Technology, helping them to:

- Sustain energy, build resilience and prevent burnout
- Spend less time firefighting and more time thinking strategically
- Facilitate workshops that build collaborative, high performing teams
- Strengthen influence to be heard at the executive table
- Create coaching conversations that unlock clarity and confidence

Her passion is helping leaders thrive in high pressure environments while staying grounded, authentic and ethical. She is the co-author of the Harvard Business Review book *The Mind of the Leader* and author of *The Mindful CIO Manifesto*. She runs workshops, coach executives and interview award winning CIOs and global ethical AI experts on her podcasts *The Mindful CIO* and *The Mindful AI*.

Areas she speaks, coach and run workshops on include:

- Cultivating EQ to foster trust, collaboration and innovation
- Dealing with difficult behaviours and conflict management
- Inspiring, engaging and recognising people
- Negotiating priorities and making decisions
- Leading and navigating change
- Building personal resilience



CORPORATE CLIENTS HAVE INCLUDED:



Testimonials



"Nathalie delivered an engaging and insightful workshop to senior Australian digital leaders based on the Mindful CIO Manifesto. Professionally delivered, stimulating discussion and practical examples. Nathalie is a clear thought leader in this space with superior coaching skills. Cooperation during preparation and ramp up was excellent with every detail thought through."

— Peter Orłowski, CIO at MEGT, former CIO at Transdev



"Recently we at HERE Technologies got a session run by Nathalie on Business Communication and Languages of Appreciation at Work... Nat led the entire session in a very engaged and hands-on approach. Overall an impressive and collaborative session to understand the power of communication and personalities."

— Ravina Kumar, HERE Technologies



"Nathalie excels in group workshops, fostering collaboration, and creating unity... She establishes trust and creates a safe space for clients to share challenges and aspirations. Her support and challenge approach enables clients to reach their full potential."

— David Cooper, CIO at Ligeti Partners



"Nathalie's presentation style is truly remarkable and her presentation was thought provoking and truly resonated with the audience. The session saw a great turnout with more than 60 participants online. We would love to have Nathalie run out future sessions ! Looking to work with Nathalie again in the future ISACA session."

— Anjali Varghese - Cyber Security Specialist at Grant Thornton Australia



"I have worked with Nathalie for a number of years now at the Potential Project. I would highly commend Nathalie in particular for her facilitation skills. Nat prepares carefully for her facilitation work, paying a great deal of attention to ensuring the experience of participants is at the highest level. Nat is able to ensure the key content is delivered, while responding flexibly to the needs of the audience."

— Murray Paterson - former Head of L&D at Herbert Smith Freehills



"Nathalie joined the Potential Project Australian Team in 2014. Since then it has been a great pleasure to witness her development as a facilitator/trainer. Nathalie is tenacious, enthusiastic and more importantly highly committed to continuously improving her personal mindfulness practice. Her background as an IT Consultant in larger organisations combined with a sincere and deep mindfulness experience makes Nathalie a fantastic facilitator, especially for tech audiences. Thanks Nat for being part of the Potential Project Australian team."

— John Wurcker - former Managing Director at Potential Project Australia



"Airservices engaged Nathalie to deliver a pilot mindfulness program for our frontline Air Traffic Controllers, their leaders and other members of our organisation. Nat was impressive. She's an engaging and dynamic facilitator who is able to talk about everything from mindfulness-focussed neuroscience to the short and long term benefits of mindfulness to organisations (and most importantly their people). Nat opened the door to corporate mindfulness at Airservices and I would highly recommend her expertise to any organisation or individual."

— Daniel Morrell - former Organisational Psychologist, Air Services Australia



Why Book Nathalie

- **Fresh perspective:** Human-centred insights tailored for technology and leadership audiences.
- **Evidence-based:** Grounded in research, diagnostics, and global best practice.
- **Engaging and practical:** Audiences walk away with tools they can apply immediately.
- **Trusted voice:** Recognised coach and facilitator for leading organisations including HP, ASIC, BP, Bendigo Bank, Mars Petcare and Air Services, AIM (Australian Institute of Management).



RoundTable 8 | We Minimise Multi-Tasking
Recording is NOW available on:

THE Mindful CIO COMMUNITY



17th IT Directors Forum

Agenda Speakers Sponsors Venue History Contact ΕΓΓΡΑΦΗ

Γνωρίστε τους Ομιλητές

<p>Michail Bletsas Director of Computing / Research Scientist at the MIT Media Lab</p>	<p>Nathalie Heynderickx Executive Coach for IT Leaders, The Mindful CIO Community Creator, Lecturer of Positive Psychology, Monash Business School</p>	<p>Fotis Karonis Cappemini Executive Vice President, Group leader SG and Edge Computing</p>	<p>Nassos Economopoulos Global Head of Cloud and Emerging Technologies Risk, HSBC</p>
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Speaking Formats

- Keynotes (30–60 minutes)
- Workshops (90 minutes to half-day)
- Panels and fireside chats
- Virtual or in-person



→ Signature Topics

1. **Leading with Emotional Intelligence in Technology**

How CIOs and leaders can use EI to build trust, collaboration, and resilience in high-pressure environments. Based on global research and lived experience, Nathalie explores why human capabilities are now the hardest differentiators in tech leadership.

2. **The Mindful CIO: Conscious Leadership for a Complex World**

Technology leaders are under pressure to deliver more with less, while navigating constant change. This keynote helps audiences cultivate awareness, clarity, and sustainable performance through mindful leadership practices.

3. **Responsible and Ethical AI: Leading with Integrity in the Age of Automation**

Beyond innovation hype, leaders must balance opportunity with responsibility. Nathalie explores how to embed ethical considerations, governance, and human-centred values into AI adoption — turning risk into trust.

4. **From Emerging to Evolving: The CIO Leadership Journey**

Based on Nathalie's widely-read CIO stages series, this keynote highlights the challenges and growth pathways for leaders at different stages of the CIO journey — from aspiring to legacy builder.

5. **Sustaining High Performance Without Burnout**

Drawing on neuroscience, mindfulness, and leadership diagnostics, Nathalie shows leaders how to create conditions for performance that last — balancing achievement with wellbeing.

Selected Media & Clients

- **Published in:** CIO Magazine, AIA Connector, Cyber Australia
- **Podcasts:** The Mindful CIO Podcast, Mindful AI Podcast
- **Clients include:** HP, Mars Petcare, Bendigo Bank, ASIC, Air Services Australia, BP, MEGT, HERE Technologies and AIM (Australian Institute of Management)

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Contact Nathalie

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