

TESSA GAUDET

EMERGING COACH, CEC



NAME

Tessa Gaudet

BOOKING INFO

(855) 818-0600 ext: 101
coach@padraig.ca

LANGUAGES

English & Proficient in
French

ONLINE PRESENCE



<https://www.linkedin.com/in/tessa-gaudet-345500193/>



<https://padraig.ca/team/tessa-gaudet>

EDUCATION



**Professional Coach
Training Certificate,
Level 1 & 2**

*8th Element Coaching
Victoria, BC*



**Professional
Certificate in
Advanced Facilitation
Practices**

*Royal Roads
University, Victoria, BC*



**Bachelor of Arts and
Anthropology**

*University of Victoria,
Victoria, BC*

COACHING STYLE

Tessa Gaudet brings a grounded, relational approach to coaching, shaped by years of facilitation and cross-cultural engagement with Indigenous Nations, government, and industry. She understands the complexity of balancing competing priorities and creates a supportive space where clients feel seen, heard, and able to pause, reflect, and move forward with clarity. Guided by curiosity and respect, Tessa approaches each client with humility and a commitment to understanding their unique context and worldview, fostering trust and meaningful dialogue.

Her coaching draws on her experience in relationship-building, consensus-based decision making, and navigating complex, values-driven conversations. She is particularly skilled at supporting leaders working across difference, where listening deeply and honouring multiple perspectives is essential. Tessa balances empathy with gentle challenge, supporting clients to move from insight to action. Her work is particularly attuned to the experiences of millennials navigating complexity in today's workplace, and she brings both lived understanding and professional experience to these conversations.

CAREER EXPERIENCE

Associate | Padraig Inc

Tessa has been part of Padraig's *Emerging Coaches for Emerging Leaders* program since 2026.

Career Experience Prior to Coaching

Tessa brings nearly a decade of experience at the intersection of Indigenous engagement, research, and project coordination, working with organizations such as the Te'mexw Treaty Association, Songhees Nation, Nazko First Nation, as well as Landmark Resource Management and Two Worlds Consulting. Across her roles, she has supported Indigenous consultation and negotiations, authored reports and materials that inform these processes, and contributed to clear, respectful communication between Nations, industry, and government. Tessa's work has included conducting research and engagement, facilitating steering committee meetings and workshops, leading community interviews, and collaborating across disciplines to ensure Indigenous perspectives, rights, and interests are meaningfully reflected in decision-making. Across her career, she has balanced rigorous research with relational practice, helping clients navigate regulatory complexity while centring the voices and priorities of Indigenous communities.

Working in complex, multi-stakeholder environments, Tessa has developed strong capabilities in project and program management, strategic communication, and relationship-building. She is known for her ability to listen deeply, synthesize diverse perspectives, and support thoughtful, values-driven conversations. This blend of analytical and relational strengths informs her coaching practice, where she supports clients in navigating complexity, strengthening self-awareness, and moving forward with clarity, confidence, and intention.