

Phyllis Reid-Jarvis, the visionary behind Ultimate Potentials, a Manitoba-based consultancy, brings a unique approach to leadership for social change. With a rich background spanning over 25 years in health, leadership, education, and social justice, Phyllis is dedicated to helping leaders unlock the full potential of their teams, creating workplaces that thrive on human potential.

Phyllis started her professional career as a Registered Dietitian, in which she worked for the better part of 20 years. Phyllis is a trained Professional Certified Executive Coach with the International Coaching Federation (ICF); she holds a Master of Public Health from the University of Manitoba's Community Health Sciences Program and a Graduate Certificate in Health and Aging.

She is a certified MBTI practitioner with Psychometrics Canada, a certified DISM practitioner, and a psychological health and safety workplace advisor through the Canadian Mental Health Association. Phyllis holds a certificate in Adult Learning from the Association for Talent Development (ATD).

Phyllis's career has taken her across borders, enabling her to work internationally, nationally, and locally in organizational development. As an executive and leadership coach, facilitator, and consultant for inclusive workplace practices, she brings a broad global perspective and a wealth of experience to her clients, ensuring they receive the highest quality of service.

Phyllis's work as an educator, coach, facilitator, and social change consultant centers around intentional and sustainable leadership practices for social change. She works with leaders in organizations and communities to create a better working and living experience for all people.

She finds great peace and joy in spending time with family and friends, travelling, volunteering, gardening, hiking, biking, and skiing. Phyllis is committed to daily journaling, meditation, and time in silence.