



## pLink Leadership®

ACCELERATING POSITIVE CHANGE. IN A BIG WAY.



### Helen Samson Mullen

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SENIOR EXECUTIVE COACH

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"TIME IS NOT  
A RENEWABLE  
RESOURCE."

- *helen samson mullen* -

Helen Samson Mullen specializes in helping leaders come home to themselves. Her thoughtful curiosity and gentle tenacity help executives align with their unique blend of strengths and values in order to navigate their opportunities and challenges with clarity and vitality. An empathetic coach, consultant, wellness strategist, mindfulness geek, and facilitator, Helen provides a safe space and a committed presence. Helen's clients bridge the gap between where they are and where they want to be, so that they lead themselves and others wholeheartedly – with courage, insight, and compassion – toward personal and organizational presence and success, achieving the outcomes that matter most.

With a doctorate and more than 25 years' experience in academia, business, and entrepreneurship, Helen's early career entailed research, teaching, and mentoring PhD and medical students. She then entered the corporate world as a Fortune 50 executive before founding her own business consulting for pharmaceutical, medical communication, and biotechnology companies. Her extensive cross-cultural experience includes assignments throughout Europe, Australia, and the United States.

After experiencing the powerful effects of coaching, it was a natural evolution in Helen's professional journey to turn her attention and strengths to earning her coaching credential and establishing a strong underpinning of evidence-based approaches. She joined pLink Leadership in its early days and still gets chills when clients see themselves, and what is possible, through the lens of strengths instead of weaknesses. Helen masterfully coaches c-suite executives and especially enjoys supporting emerging and middle managers. She helps leaders at all levels gain clarity and purpose in their roles, learn emotional agility, overcome overwhelm, maintain and build their wellbeing, become more confident, intentionally harmonize work and home, excel at what is most important to them and their organizations, and be part of making the world better.

Helen earned her Professional Certified Coach designation from the International Coach Federation. She is a Certified Daring Way™ and Dare to Lead™ Facilitator and a certified practitioner of the Leadership Circle Profile™ 360 assessment tool and The Leadership Circle® System of leadership development. She is qualified to administer Gallup's Strengths-Based Leadership assessment and the VIA Pro: Character Strengths assessment.

A natural storyteller, Helen is known among her friends and family for relating crazy (true!) stories of traveling adventures in Europe, Australia, Pakistan, Sri Lanka, the Maldives, and Kenya. Born and raised in the North of England, Helen now lives in Wilmington, Delaware, with her husband and two children, who provide daily inspiration for living an engaged, meaningful, and adventurous life, sense of humor included.