



Belinda Letty has always been interested in alternative therapies such as kinesiology, acupuncture, homeopathy, yoga, meditation and pranic healing. And when she was required to attend a corporate training program about emotional intelligence, her life was about to change.



Belinda sat in awe of the results participants were achieving and what a difference was being made in their personal and business lives. When she realized a career in coaching would allow her to indulge in her passion for alternative therapies while making a real difference in people's lives, she was inspired to start studying.

Belinda has been helping people for her entire working career, in many in different capacities. Some titles she has held include Administration Assistant, Office Manager, Promotional Researcher, Customer Service Operator and Working Mother (to two boys). In 1986, Belinda became the founder and director for a national retail store, now a multi-million dollar company, managed by her husband, allowing her to focus solely on her coaching practice while caring for their growing boys.

She has always been involved in the business, which she now considers her husbands', both in a "back office" and retail role. This has given Belinda the invaluable insight and experience of developing a business inside and out, from its inception.

Belinda has a clear set of values and believes in treating everyone with compassion and integrity regardless of their background and personal circumstance. Her deepest passion is helping women establish and grow their holistic therapy businesses. She is dedicated to continuous learning in this niche which allows her to give even more to her clients. Belinda loves sharing what she learns with others and often does so as a public speaker and workshop facilitator.

In 2008, Belinda commenced her studies with The Coaching Institute. She's now finishing up her Executive Coaching Diploma program, is a Certified Performance Coach and follows the ICF (International Coach Federation) accreditation pathway. Belinda founded Prism Coaching in 2008 and since then this dedicated learner has become an NLP Practitioner, Time Line Practitioner and has completed Advanced Pranic Healing and Pranic Healing Psychotherapy training with the well-reputed Ashish Institute.

Because she finds solace and a sense of renewal in the outdoors, Belinda can often be found walking her talk of work life balance in the 100 hectare National Forest which borders her property. She also practices yoga and meditation whenever she can. Belinda's other interests and hobbies outside of her business include spending time at the beach with her family, dining out, traveling overseas, reading and sharing laughs with friends.