



Tina Harris

QUALIFIED COACH

Why work with me?

I believe that connection and trust are crucial. I build strong relationships free of judgement and through subtle probing and challenging questions, I like to encourage reflection and openness to alternative perspectives and approaches. With continued focus on the outcome, I can help you to identify actions and put in place what you need to help ensure results.

3 things you should know:

- I genuinely care. Seeing your 'lightbulb' expression is my driver
- I love the science – I think evidence continuously builds expertise
- The final 'E' – Enjoy! Humour is important – if you don't believe me look at the science

About me

During my 20-year career in financial services, I worked my way up into various management and leadership roles, heading up departments and ultimately responsible for relationships with our large corporate clients. During this time, I gained a great deal of satisfaction from supporting my colleagues with their development.

Nearly 20 years ago I took the decision to switch career and focus on people development, and I haven't looked back since.

My experience

I have been providing professional training and coaching support to clients since 2007. I have a strong drive to continuously learn and significant experience of connecting with diverse groups of people with different challenges and goals. This includes senior leaders, managers, teams, new starters and graduates.

Testimonials

"The team and I have grown to trust Tina enormously and we really value her ability to listen, probe for the root cause, and challenge our thinking. Her 1:1 coaching has been transformative!"

My approach

Years of experience in people development and business development has taught me that they are essentially the same thing. You can't look at either in isolation. Similarly, performance and well-being cannot be separated into neat little boxes, they are inextricably interlinked.

We will explore and define your personal challenges and goals and look at different ways to achieve these, which are both motivating and authentic to you.

Qualifications & accreditations

- Insights Discovery Licensed Practitioner
- HeartMath UK Certified Coach
- Action Centred Leadership (ACL) Accredited
- Fellow of the Institute of Training and Occupational Learning

"Tina's warmth and expertise ensure that the people she works with feel both safe and challenged"

"She skillfully challenges and guides her clients and is tenacious at identifying root causes"