

SUE TSIGAROS



- B. A. Hons. (Psychology) University of Adelaide
- M. Appl. Science (Psychology of Coaching), University of Sydney
- Associate Member, Australian Psychological Society
- Member, International Positive Psychology Association
- University of Sydney Coaching & Mentoring Association; Executive Committee 2008 -2009
- Member, Sydney Hills Business Chamber (2009 – present)

Sue offers an extensive repertoire of experience, knowledge and skill, combining more than 17 years in mid-level to senior sales and management roles within Corporate, Multinational and SME business environments, plus 8 years' coaching leaders in organisations, facilitating team workshops and consulting with HR Managers and CEOs for Leadership and culture-change programs.

She is a commercially astute professional, a skilled executive coach, presenter, facilitator and trainer. Her postgraduate qualifications have added perspective and rigor to her extensive commercial and lived experience, through times of change: growth, globalisation and rationalization. She is thus able to quickly understand the context within which the client is operating, whilst maintaining objectivity.

Her corporate clients are from a broad industry base, including State and Federal Government as well as Corporate and SMEs. Clients include: Landcom, NSW Maritime, HIC/Medicare, Unisys, YMCA, NSW Department of Planning, 3M, Dance Vision Australia, Catholic Education Office, Fuji Xerox Australia, Teachers Health, Bankstown Sports and JR Consulting. Here she offers one-on-one coaching as well as leadership development and team programs, where the courage and capacity to have quality conversations are crucial to the successful implementation of strategy, with real team engagement.

Sue is also an experienced career coach and has helped more than 30 individual clients and small businesses owners with role transition, career development and mid-life transitions.

Sue's practice is evidence-based. Sources include organisational psychology, positive psychology, and systems theory as well as business studies. Her use of instruments for personality assessment, 360 degree feedback and competency analysis substantially raise clients' self-awareness, as well as providing a means to demonstrate progress made as well as ROI.

Her coaching style is engaging, practical and action-oriented, whilst allowing sufficient flexibility and empathy to work at the client's optimum capacity. Client testimonials describe Sue as "flexible, motivating, empowering", "confronting, challenging and thought-provoking", "engaging and action-oriented", "a constant source of inspiration", "innovative, lateral thinking", "rigor with love" and "a totally trusted business partner who gets things done".

Having run her own practice for 8 years, she is delighted to now be working in collaboration with 360HR, where clients can benefit from a fully integrated suite of HR services including recruitment, talent management, succession planning, engagement and retention strategies as well as outplacement and transition solutions.

Sue abides by the ethics and standards of the Australian Psychological Society. She also continually improves her practice through regular professional supervision, ongoing education and other opportunities for personal and professional development.

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