



Facilitator



Tamar Balkin

IECL Senior Executive Coach & Facilitator

Tamar Balkin's extensive career as an Organisational Psychologist has been driven by a belief that that work, and life should be a challenging and energising experience. Early on this involved corporate consulting and for the last 19 years her focus has been predominantly enhancing leadership capability and wellbeing through group facilitation and executive coaching. In her experience the behaviour and attitudes of the CEO and senior executive teams sets the tone for the entire organisation.

Qualifications and memberships

- Senior Executive Coach and Facilitator in Organisational Psychology and Leadership development
- Registered Organisational Psychologist, Australia (AHPRA)
- Member Australian Psychological Society College of Organisational Psychologists
- Member Australian Psychological Society Coaching Psychology Interest Group
- Master of Organisational Psychology, Macquarie University
- Bachelor of Science (Psychology), Honours, Executive Certificate in Coaching and Consulting Psychology, University of Sydney

Her clients include CEO's, Senior executives, specialist professionals and middle management from all of the major banks, Government (local, state and federal) IT, Tobacco, Professional Services and the retail sector. For the past five years Tamar has provided monthly leadership development coaching for senior executives in a national Government Department in the health services sector. Key issues include: motivating staff, effectively balancing the competing demands of multiple internal and external stakeholders, strategic planning in a political context, feedback to improve performance.

Motivating and inspiring a diverse workforce in uncertain times, is business as usual for today's leaders. In this context it is more challenging than ever to create a culture of creativity and innovation; to ensure values, ethics and purpose are at the forefront of all work; and to foster a culture of trust and psychological safety.

Using an evidence based, practical leader as coach approach, we have developed an integrated model of positive psychology and wellbeing. This model will enhance all leaders' capability to identify and embrace new opportunities and increase motivation now and in the future.

What You'll Learn

- (1) Benefits of positive psychology wellbeing for leaders and organisations.
- (2) The leader as coach approach to wellbeing:
 - The Personal Case Study Approach for retention.
 - Effective Experiential education techniques for wellbeing.
- (3) Fundamentals of well-being and positive psychology:
 - The impact of purpose on engagement and trust.
 - The power of flow in innovation and discretionary effort.
 - Leveraging off balance and boundaries to enhance productivity.
 - Lessons from psychology on resilience and equanimity for the self and others.
 - Creating and enhancing authentic relationships for wellbeing and future business success.
 - Vitality and energy the fundamental building blocks of wellbeing.
 - Maximise moments of leisure to foster innovation and creativity at work.

Contact Us

To learn more about the IECL

Please visit our website www.iecl.com

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