



TARA GOODWIN

Leadership Consultant and Leadership Coach

Locations

- Ireland
- United Kingdom

Languages

- English
- French



taragoodwin@pdiconsultants.com



+353 87 2302989



[Tara's LinkedIn profile](#)



WWW.PDICONSULTANTS.COM

Tara is a highly experienced and results-driven coach with a strong background in corporate environments, encompassing 20 years of senior roles in operations, communications and marketing. She leverages this extensive corporate experience to deliver tailored coaching and management development programmes that drive personal and professional growth. Tara is recognised for her exceptional leadership abilities, a strategic mindset and a genuine passion for helping individuals and teams reach their full potential. Tara's corporate experience brings her an in-depth understanding of organisational dynamics, change management and talent development.

Tara's coaching approach is her client centred approach, working with the whole person in order to promote self-generative behaviours that enhance personal and professional effectiveness. She brings a balanced level of honesty, empathy and respect that both challenges and supports her clients through their development. This coupled with her understanding of how behaviours, identity markers, and motivational drivers are constructed is a powerful tool for building self-awareness. Tara's skills of reflection, perception, intuition and insight are at the forefront of her coaching practice.

Professional Experience

Tara is an accredited Coach, with over 750 logged coaching hours, having coached in both the Public and Private sectors, at 'C' suite and senior manager levels. She has a proven track record of providing impactful coaching, mentoring, and training solutions to clients across various industries.

Qualifications & Accreditations

Tara has earned a number of well recognised professional accreditations in the field of leadership, executive coaching and assessments by reputed international organisations, including;

- | | | |
|--|------|--------------------------------------|
| • Accredited senior practitioner | 2023 | EMCC Global |
| • Accredited Mediator | 2022 | Mediation Institute of Ireland (MII) |
| • WRAW Certified Practitioner | 2022 | Kinch Lyons ® |
| • ECR/ECR 360 – Emotional Capital Report | 2019 | RocheMartin |
| • EQi™ 2.0 and EQi™ 360 - BarOn EQI; | 2011 | MHS Inc. |
| • Belbin Team Roles Accreditation | | |

Testimonials

"Tara is very personable, patient and professional. As well as being an experienced coach Tara has an impressive CV which allows her to link her coaching back to the real world. The coaching provided by Tara has greatly enhanced my career as a Senior Manager in the Civil Service as well as increasing my confidence in delivering to colleagues internally / externally."

Michael Mullen, Superintendent, An Garda Siochana,

"As a people manager I am more confident in having had the coaching engagement. Tara's bespoke coaching approach allowed me to understand the leadership style which best suited me as a manager. Tara's coaching style has guided me in understanding the benefits of adopting such an authentic approach, the benefits of which are now obvious in the day to day. Tara's tangible experience of the corporate world along with her warm approach creates an intellectual space that fosters individual ideas, from where, immeasurable potential arises from."

Regina Long, Veterinary Inspector, Department of Agriculture

"I recently had the pleasure of working with Tara as my executive coach. Having set up my own business in the last year, I felt untethered and needing direction. Tara is knowledgeable, professional, and empathetic. Her years of corporate experience give her a huge insight into the complexities of the business world. Tara helped me identify my strengths and weaknesses and was able to point me in the direction of certain areas of self-development. I found her to be motivating and approachable with a genuine interest in helping me and my business grow. Through powerful questioning and support, she encouraged me to challenge my way of thinking within my business and gave me the confidence to make certain changes for growth."

Catherine Ryan, Managing Director Good Grain Granola