



**Eric Winters**  
**Leadership Development Specialist**  
**MSc Psych Coach, M.C.A.P**

Eric is a leadership development specialist and executive coach with particular expertise in developing resilience, courage and well-being for greater professional success. Eric's work as an executive coach is grounded in over 20 years of corporate experience with IBM living and working in the UK, Germany, the Middle East and Australia.

Eric draws on an extensive repertoire of evidence-based coaching and developmental tools and strategies to support his clients' workplace performance and well-being. These include approaches from contemporary behavioural science, adult development theory, solution-focused cognitive behaviour, positive psychology and neuroscience. With deep knowledge in the science of building motivated and adaptive mindsets gained from working with preeminent professors at both Harvard and Sydney University, he helps busy professionals to avoid burnout, build their capability and achieve more.

Eric has provided developmental services through coaching, workshops and talks to diverse organisations including Accenture, the Australian Public Service Commission, BMW China, Catholic Care, NTT Data, SDN Childrens' Services, the International Coach Federation, Meda Pharmaceuticals, the Australian Human Resources Institute and Nasdaq. He was also a guest workshop facilitator at the World Conference for the Association for Contextual Behavioral Science in Seville, Spain in 2017. His writing features in 'Positive Psychology in Coaching Practice', a book published by Routledge in 2018. He is the author of 'Swipe Right on Your Best Self: Simple Steps a Bolder Life with Fewer Regrets' (to be published May 2020).

Qualifications include an MSc in Coaching Psychology and certifications in Immunity to Change coaching, The Leadership Circle, MRG LEA360 and IDI, Hogan, StrengthsProfile and MTQ48.

Eric is engaged as a Senior Associate of The Positivity Institute, working closely with Dr Suzy Green on applied positive psychology and evidence-based coaching engagements in the corporate sector, not-for-profit sector and the community.