



## **Tim Sprague**

**Executive Coach and Registered Psychologist**

**MSc. Coach Psych, MCom. HR and OrgBeh, BSc (Psych) Hons, DipEd.**

Tim is an experienced Executive Coach and Psychologist with experience in positive psychology and health interventions, team and individual coaching, cultural analysis, leadership development, all aspects of HR and people management including organisational change and development. Tim has consulted with a range of clients from line management to CEOs across more than a dozen industries over the past six years. This is underpinned by more than twenty-five years' practice in Human Resource Management in large organisations, culminating as HR Director at the AGSM and Macquarie University. Tim's expertise in managing staff through change has allowed him to identify and develop effective solutions to complex and emotionally laden issues around performance, interpersonal dynamics, change, career pivot points and culture.

Tim adopts an evidence-based approach. His strength is developmental coaching, with a focus on enhancing performance and developing broader skill sets and moving leaders to develop more flexible and sophisticated thinking and influence styles. Tim works with clients to identify their capabilities and strengths and develop goals.

Tim, as the President of the NSW branch of the International Coach Federation and Supervisor of other Coaches, also works to develop the quality of coaching and capability in the coaching community.

Tim is a Senior Associate of the Positivity Institute, working closely with Dr Suzy Green. He develops and delivers organisational coaching and workplace programs for individuals and teams to enhance wellbeing, resilience and performance.