

Paul Garcia

Executive & Organisational Coach,
Team Coach & Group Facilitator

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“My coaching approach focuses on improving business outcomes by enabling individuals and teams to unlock their strengths, remove 'blockers' and deliver superior performance.”

Professional Profile

Paul is an accredited Executive Coach. His approach is uniquely informed by corporate leadership roles, academic pursuits, a therapeutic practice, as well as film and video production. Consequently, Paul encourages insight beyond existing mindsets, resulting in creative and rewarding outcomes.

As a corporate leader Paul has honed his craft in the corporate IT space, building teams, creating capability, designing strategy and leading people. He's built leadership capability across many industries, putting in place mentoring, coaching and leadership programs for organisations he served.

Choose Coaching is a call to action. It's a recognition that, for anything to change, someone *has to decide to do something*. **Choose Coaching** works with organisations to help their people be better.

- Better decision-makers.
- Better communicators.
- Better relaters.
- Better leaders.

A deft and engaging facilitator, Paul equips people to tackle the growing demands of our modern workplace. Coaching and Facilitation can prepare you and your people to be more self-aware, more strongly connected and better able to act wisely in increasingly complex situations.

Qualifications & Certifications

- International Coach Federation, Associate Certified Coach
- Institute of Executive Coaching & Leadership, Levels 1 & 2
- Executive Central, Accredited Executive Coach
- Diploma of Psychodrama & Action Methods
- Bachelor of Arts (Hons, 1st Class)

Industry Expertise

- Information Technology
- Telecommunications
- Financial Services & Insurance
- Consulting & Professional Services
- Energy
- Tertiary Education
- Mental Health
- Federal & State Government
- Media & the Arts
- Start-ups

Tools

- 360° Interpersonal Circumplex Assessment (CCS, CTS, CLS, CBS)
- Birkman Method Assessment
- Gallup CliftonStrengths Assessment
- MRG Personal Directions Inventory