



Coaching with Tina Dias

“If we did all the things we were capable of doing, we would literally astound ourselves.”

Thomas Edison

Tina Dias
Professional Certified Coach,
Leadership and Coaching
Workshop Designer/
Facilitator, Speaker

“Tina is an extremely good listener and has an outstanding ability in providing constructive and honest feedback. People who are coached by her greatly benefit from her expertise in helping them reach sound decisions that impact both their life and career paths.”

Louise Bourdage,
Sr. HR Consultant,
Pharmascience

Tina is a dynamic and extremely creative individual with over 25 years of experience holding Director and Executive Director levels in Business Operations and Human Resources. With her sense of determination, passion for excellence and contagious positive outlook, she is known for having high emotional intelligence, using it to help others create their own awareness and insight into the best opportunities and choices available to them.

Tina is a recipient of Rio-Tinto-Alcan people award for her work in SWAT teams focusing on business turnarounds. Her experience as a leader and coach ranges from managing large operations with a hands-on-approach to a more conceptual approach working on business turnarounds, organizational design, culture change, leadership development, mentoring/coaching programs, and human resource strategy.

Born in Europe, her innate ability to adapt to people from all cultures has enabled her to establish a rapport and connection quickly with those she has supported in many diverse countries.

An avid traveller for business and pleasure, Tina’s responsibilities span China, Europe, Canada, South America, The United States and Africa. Tina focused her last few years coaching leaders and designing and facilitating leadership and coaching workshops in Africa.

Tina trained with Coach University and has a Masters in Leadership from Royal Roads University and is a Professional Certified Coach. She is fluently bilingual in English and French – and also speaks Portuguese and Spanish.

Tina also designs and leads leadership and coaching workshops and is certified in:

Barry Oshry’s Organizational
Workshop Merging Cultures

Weisbord and Janoff’s Future
Search Methodology

Kegan and Lailey’s Immunity to
Change (Harvard University)

Hogan Assessments and Myers
Briggs Type Inventory (MBTI)

