



### Christina Griffiths

BSc (Econ), BA (Psych), Dip Business Coaching, BPS A/B

Christina Griffiths, Managing Director of time 4 change, is a specialist in leadership and organisational development. She has a passion for working with leaders to create and grow inspiring organisations.

Seen as a powerful solver of organisational challenges Christina works with individuals and groups as a coach, workshop Leader, speaker and facilitator. The key to her success lies in her ability to work in a way that is authentic, inspiring, practical and rigorous. Clients often say that they feel challenged and energised after working with Christina.

### time 4 change

time 4 change focuses on working with intelligent, internationally minded leaders, who want to create businesses, projects and organisations that are real expression of their passion and vision. As a result our client's range from the well known (IBM, Price Waterhouse Coopers, SEEDA) to the up and coming (Microloan Foundation, MRA Architects).

### Key Achievements

- 95% success rate in achieving client goals
- Coached over 200 people to achieve personal goals and self management.
- Originated cutting edge programs, materials, e-communications and inspirational talks.
- Enabled over 50 leaders and managers' to reconnect to their vision, restructure and build effective teams and improve performance.
- Worked with over 500 of people to change career, find new direction or gain promotion.

### Key Programs

- **Executive Excellence** – free your juice
- **Leadership Excellence** – Inspire excellence
- **Team Excellence** – build a juicy team
- **Career Excellence** – find your juice at work
- **Alignment Excellence** – walk your talk and live your juice
- **Bantering** – The art of playfully making your point.

### Career Background

|                                 |  |                   |
|---------------------------------|--|-------------------|
| Managing Director               | time 4 change                                  | Feb 00 - Present  |
| Partner                         | ASP (part of ASE – Occupational Psychologists) | Dec '98 – Jan 00  |
| Senior International Consultant | Progressive Computer Recruitment Ltd           | Aug '94 - Sept'98 |
| Tech Sales Co-ordinator         | Purup Pre-press (Part of LEGO group)           | Feb 91- Jul 94    |
| TEFL Teacher                    | Na Trang, Vietnam                              | Jan 91            |
| IT Help Desk Analyst            | Societe Generale Bank                          | Dec '89 – Sep '90 |

### Education

With a thirst for learning Christina has a commitment to life-long learning and has gained degrees in economics (1984) and Psychology (1993). Christina is also a qualified Assessment Psychologist (Level B) and NLP Master Practitioner.

Over the last 15 years Christina has undertaken personal and business development in a wide range of areas including: Small Business Finance, Train the Trainer, Executive, Business & Life Coaching, Skills for Acting & Improvisation, and Skills for Voice Production & Speaking, Jungian Archetypes, Professional Intuitive and Human Consciousness Studies.

### ADDITIONAL INFORMATION

**Membership of:** British Psychological Society: Coaching and Occupational Psychological Divisions, International Coaching Federation, Organizational Development Network and the Institute of Directors

**Interests include:** Travel, singing, dancing, opera and theatre