



TERESA KÖRBES

Teresa has over 25 years of international experience in executive coaching, management consulting and in senior diplomatic roles in Australia, Europe, Southeast Asia, and South America. Working across industries and sectors, Teresa partners with her clients to think and act in new ways to help create organisations that flourish.

Teresa has travelled extensively from a very young age which has provided her with a strong sense of curiosity, open-mindedness, and appreciation of life. She highly values spending time in nature to relax, reflect and recalibrate and enjoys ocean kayaking in the diverse sea environments of Australia.

TESTIMONIALS

"Teresa was exceptional. Patient, enquiring and challenging. She pushed me to delve deep into myself and understand what barriers were preventing me from achieving my goals."

- SENIOR MANAGER, STATE GOVERNMENT EXECUTIVE AGENCY

"Teresa really took the time to see me and my various complexities. I really like the tools we developed together and the fact she helped me set goals I wanted to work to."

- DIRECTOR, HIGHER EDUCATION & RESEARCH

"Working with Teresa has been an incredible journey of self-discovery and professional growth. Her empathetic and supportive approach creates a safe and nurturing space for growth and development. Teresa meets you where you are, tailoring her guidance to your individual needs, thus ensuring a personalized coaching experience. Her unique perspectives and thought-provoking questions have consistently challenged me to think outside the box and discover innovative solutions."

- SENIOR MANAGER, MULTINATIONAL ENERGY CORPORATION

QUALIFICATIONS & ASSOCIATIONS

Professional Certified Coach (PCC), ICF ■ Accredited Organisational Coach, Level 3, IECL ■ Certified Team Coach, IECL ■ Certified Coaching Supervisor, IECL ■ Master of Business Administration (MBA), University of Melbourne - Melbourne Business School ■ Bachelor of Public Administration, German Diplomatic School ■ Standard Mental Health First Aider, MHFA Australia

DIAGNOSTICS

Facet5 Personality Profiling, TeamScape and Strategic Leadership Review (SLR 360)

COACHING EXPERIENCE

Teresa is a highly experienced leadership coach who understands the reality of modern business and the complexities that leaders face. She has successfully coached individuals and teams at executive and operational levels in public, private, and not-for-profit environments, and a wide spectrum of industries, from financial and professional services to health and government services, higher education, and technology/software development. Her coaching style is positive, systemic, and results-oriented and helps leaders at all levels to realise sustained positive change, and improve personal, team and organisational effectiveness.

COACHING STYLE AND APPROACH

Teresa uses a strength-based approach, which draws on cross-disciplinary, evidence-based methods to help her counterparts improve their performance, enhance their careers, and achieve personal and organisational goals. Teresa's positive and down-to-earth style enables her to build trusting relationships quickly and work with her counterparts in a respectful and challenging way to create learnings and enable growth.

BUSINESS EXPERIENCE

Teresa previously pursued an international career in the German Diplomatic Service holding a variety of diplomatic positions across the world. In her role as Consulting Director at Australia's leading specialist provider of consulting services for enterprise transformation, Teresa successfully delivered over 60 small to large-scale assignments with budget and people leadership responsibilities. Teresa's broad experience includes working in banking and finance, insurance and superannuation, professional services, government services, aviation and transportation, health and aged care, technology/software development, higher education, food processing/manufacturing, retail operations, telecommunications, disability services and charities. This enables Teresa to leverage years of experience and learnings across industries to provide meaningful reference points and insights.

AREAS OF EXPERTISE

- Developmental coaching for amplified leadership impact and increased confidence
- Operational and strategic leadership development
- Change leadership
- Coaching skills for leaders
- Team performance and development
- Career and role transitions - executive and operational levels
- Work-life design and balance
- Personal and professional effectiveness
- Multi-lingual – coaching in English and German

PREVIOUS ENGAGEMENTS

- Executive Managers, Insurance – developmental coaching to amplify leadership impact and move beyond delivering outcomes towards shaping key areas of the organisation, influence a cultural shift, lead positive and sustainable change, and improve overall confidence in operating at senior executive levels.
- Clinical Director, Health (Intensive Care) – focus on strategic thinking and change leadership, enabling the leader to grow more influential lateral relationships, improve crisis management and conflict resolution skills, and develop a cohesive leadership team in a complex and challenging environment.
- Executive Director, State Government – leadership coaching improved emotional agility and wellbeing, freed up capacity to enable a more proactive focus and promoted strategic leadership.
- Senior Director of Engineering, Multinational Software Company – leadership coaching resulted in increased awareness of individual and team strengths and improved versatility and situational leadership. Coaching highlighted development opportunities to step up into senior executive role.
- First Time Leaders, Financial Services – supported talented women in one of the world's largest financial services groups to develop and grow as leaders whilst balancing professional and personal priorities in a very complex and demanding environment. Coaching resulted in improved leadership impact, clear career development perspectives and better wellbeing.