



BRIGID HARDY

DIRECTOR



PROFESSIONAL EXPERIENCE

Brigid is a trusted strategic advisor, qualified coach and capability development specialist. She has over 16 years experience helping organisations and individuals to continuously improve and introduce positive and successful change. She embraces her client's challenges and strives for ongoing and sustainable transformational change and impact, through big (and sometimes brave) thinking and a demonstrated commitment to developing innovative, bespoke solutions to business challenges.

Her expertise is in organisational, team and individual capability development and support. Through her focus on contemporary leadership, strategy and change management she identifies pragmatic approaches to solving complex problems and challenges, leading to enhanced productivity, performance, culture and innovation.

Brigid has a deep interest in maximising human potential. This includes working to encourage personal development and growth in areas such as mindset, resilience, mindfulness and wellbeing.

Brigid holds a rare accreditation in Mindfulness from an Australian University and is a certified Mental Health First Aid facilitator and Yoga teacher. She is a serial traveller and explorer of the world, always in pursuit of mindfulness, improvement and growth, an eternal optimist and deeply grateful for all of the joys and challenges in life.

As the Company Director of Interaction, Brigid plays an integral leadership role in the company.

Brigid specialises in:

- Leadership development
- Team building
- Facilitation of complex problem solving
- Strategic planning
- Change management
- Executive, career and life coaching
- Facilitation of large and small groups
- Performance management
- Conflict resolution
- Stakeholder engagement
- Wellbeing and resilience
- Capability development, coaching and consultancy services.

PROFESSIONAL QUALIFICATIONS

- Bachelor of Science, Honours (Biochemistry and Molecular Biology)
- Bachelor of Applied Science (Medical Laboratory Science)
- Graduate Certificate in Applied Mindfulness – Charles Sturt University
- Certificate in Enrolled Nursing
- Level One and Level Two Yoga Teacher training
- The Leadership Circle Profile™ accredited coach
- Life Styles Inventory™ accredited coach
- HBDI® accredited coach
- Strengths Profile® accredited coach
- Harvard Immunity to Change - Including Ourselves in the Change Equation
- Suite of Leadership Performance Profiles 360 instruments
- Lead auditor training certification in ISO 9001 Quality Management Systems
- Herrmann Brain Dominance Index (HBDI®)
- Certified Mental Health First Aid Instructor
- Certified Neuroleadership Coach

“ Brigid listened, challenged my thinking, shared her knowledge and offered a safe space for me to be the best version of myself. ”

CONTACT

Phone: **02 6282 9111**

Email: icg@interactionconsulting.com.au

www.interactionconsulting.com.au



interact with us