

BRIGID HARDY

Company Director
Interaction



Professional Experience

Brigid is the sole, female owner and Company Director of the Interaction Consulting Group.

Interaction is a Canberra and Helensburgh NSW-based management consultancy that has been providing services for over 30 years. With a focus on **Strategy**, **Capability** and **Change**, Interaction's impact is far reaching and grounded in a desire to make a sustainable and positive difference for its clients.

Brigid is a highly trusted and respected strategic advisor, qualified coach and capability development specialist. She has 20 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. Prior to becoming a management consultant, Brigid spent nearly 10 years working in the public sector with the Therapeutic Goods Administration, Food Standards Australia New Zealand and the Department of Industry.

Brigid's 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.

She 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.

She has spent much of her career building leadership capability and understanding the challenges of senior leaders. Brigid's expertise in leadership development is further exemplified by her ability to coach and mentor senior leaders across both public and private sectors. With an approach grounded in contemporary leadership theories, Brigid empowers leaders to navigate complex challenges, embrace innovation, and foster high-performance cultures within their organisations. She is an accredited coach in both The Life Styles Inventory and The Leadership Circle Profile™ and other renowned leadership development tools, enabling her to provide deep insights into individual and team dynamics. Her leadership development programs are designed to enhance emotional intelligence, resilience, and strategic thinking – key competencies for today's leaders.

In addition to one-on-one coaching, Brigid is skilled in delivering large-scale leadership development programs that focus on building the capability of leadership teams. These programs are tailored to address the unique needs of each organisation and are aimed at fostering collaborative leadership, enhancing decision-making, and driving organisational change. Her ability to create safe and constructive learning environments allows leaders to reflect on their personal leadership styles, challenge their thinking, and develop the skills needed to lead with confidence and authenticity in an ever-evolving business landscape. Some of her most often requested services include the following.

- Coaching senior leaders.
- Group coaching and capability development of senior leadership teams.
- Delivery of 360-degree feedback to senior leaders.
- Team building.
- Complex consultancies.
- Wellbeing and resilience capability development.
- Strategy development and implementation.
- Change management activities.

As the Company Director of Interaction, Brigid plays an integral leadership role in the company. She leads an extensive service delivery community, comprised of experts in their respective fields, to deliver tailored, impactful and sustainable solutions. Interaction's delivery team is supported by the ICG HQ Team, Centre of Excellence. It is led by the Operations Managers, ensuring the quality of Interaction's operational services and processes.

Information about Interaction services is available at: www.interactionconsulting.com.au



Professional Qualifications

- Bachelor of Science, Honours (Biochemistry and Molecular Biology) - Australian National University
- Bachelor of Applied Science (Medical Laboratory Science) - University of Canberra
- 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
- Lifestyles 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
- Certified Mental Health First Aid Instructor
- Certified Neuroleadership Coach
- Certified Emotional Culture Deck Coach

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