



Rita Holland Consultant Profile

Coach, Facilitator & Consultant

Rita has a wealth of leadership development and behavioural change skills and has worked with various state departments including, Department of Planning, Treasury, State and Regional Development, Australian Nuclear Science and Technology Organisation, Tourism, and the State Transit Authority. Rita also has extensive experience with Federal Government departments which include the Australian Taxation Office, Attorney General's Office and CSIRO/Food Science Australia. Rita has high industry experience and knowledge within the banking and financial services, professional services, media, logistics, pharmaceutical and FMCG sectors.

Rita passionately engages with individuals and teams through structured, practical and proven coaching methodologies. She is very goal directed and focuses on the solutions and required outcomes of each coaching program. Rita has great empathy and connects with her coachees, one of her strengths is the ability to encourage and drive the individuals to focus on the results for change. Rita works well with all employee levels and demographics, she is experienced in working with executive level leaders, Gen Y and mature aged workers. She builds successful relationships with a range of personalities from creative, strategic or analytical executives, leaders and clerks.

Rita's experience, empathy and pragmatic results focused approach are especially effective in the areas of challenges in behavioural and company change and leadership development. She offers unconditional positive regard for individuals and has extensive experience in facilitation problem solving not blaming.

Rita has a Master of Applied Science, Psychology of Coaching from the University of Sydney and achieved her BSc in Psychology from the University of Adelaide. Rita's accreditations include, Hogan Multi-rater 360 and Personality Profiles, Lominger 360 Architect, various Genesys and ACER assessments. Professional Memberships include USCMA (University of Sydney Coaching and Mentoring Association) and ICF (International Coach Federation).

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