

Tina Dullaghan

Team Coach



“This leaflet represents my Wimbledon W1 Hockey Team reaching the Final Four nationals finals weekend last season. High-performance for me is clarity of goal, willingness to buy into that goal, even in the tough times. Have each other’s back and recognise the strengths of the team.

Being honest about where we need help and supporting each other on and off the pitch. That was the story of the 23/24 team, and they created history by being the 1st Wimbledon Women’s team to reach the final. But that is not the end, just the next step to moving up the table to the top. Belief.”

“Having spent nearly 17 years in the pharmaceutical industry, 5 years in sales and then 12 years as a learning and development consultant, I have been lucky enough to have travelled the world with my various roles, working with leaders in many different marketplaces.

In 2017 I set up my own business in coaching and development to fulfil a desire to help and support individuals explore and be their best self.

I use evidence-based research, especially in the field of Positive Psychology and evaluation to measure the effectiveness and sustainability of my programmes.

I started my career in the Royal Air Force where I was in the RAF police. Away from the office, hockey plays a large part in my life and although no longer playing, I am the Team Manager of Wimbledon Women’s 1st Team.”

Client View

“Tina is a fantastic learning partner. Her energy and passion bring workshops to life and ensure that everyone in the room is present and engaged. Tina’s experience makes her a great sounding board for new projects and events.”

Colleague View

“I am always blown away by Tina’s vast knowledge base and how generously and graciously she shares. She has a very inclusive facilitative style and leads with curiosity and genuine warmth.”

Qualifications

- › Executive Coaching Diploma
- › (ICF) ACC
- › LEGO Serious Play Facilitator
- › Neuro Linguistic Programming Practitioner
- › Insights Discovery Accreditation

[Watch Tina’s introduction video here](#)