



Irina Cozma Ph.D.

**EXECUTIVE
COACH &
SPEAKER**

**BETTER
CAREER
ADVENTURES**



www.irinacozma.com

Hi, I'm Irina

I am an organizational psychologist, executive coach and speaker.

I enjoy helping professionals to have better career adventures.

Summary

In the last decade, I've coached hundreds of C-suite executives, leaders, professionals, and entrepreneurs from start-ups to corporate, private to public, and local to global.

I also speak and consult on topics related with talent management, high-impact talent development, and talent acquisition. I simplify complex leadership challenges and offer a fresh perspective in areas like emotional balance, delegation, influence, strategic decision-making, performance, building trusted relationships, and change management.

I have a deep understanding of different leadership needs across levels, industries, and countries.

Style and approach

Expect curiosity, intellect, reflection, action, experimentation, and celebration.

Credentials

Ph.D. Organizational Psychology (U.S.)

M.A. Strategic HR Management (Spain)

M.A. Organizational Psychology (Romania)

ICF certified coach

BACKGROUND

My clients work at Fortune 500 companies:

- ◆ Salesforce
- ◆ Citi
- ◆ Wells Fargo
- ◆ Microsoft
- ◆ Continental
- ◆ Novant Health
- ◆ CBRE

My clients work at startups:

- ◆ Future Matters Project
- ◆ OnSiteIQ
- ◆ Young Professionals in Foreign Policy
- ◆ Mathias Degardin Tennis Academy

My MBA coaching clients study at:

- ◆ University of Tennessee
- ◆ Queens University

My speaking is at:

- ◆ Society for Industrial and Organizational Psychology (SIOP)
- ◆ University of Connecticut
- ◆ University of Alabama
- ◆ Purdue Global University

My Pro Bono work is at:

- ◆ Coaching.com Foundation
- ◆ Strong Women Strong Girl
- ◆ I am the CODE

My work was published in:

Harvard Business Review, Business Insider, Fast Company, Psychology Today

"Having worked with Irina for the past few months, I can speak to the fact that Irina has helped accelerate and influenced remarkable change in my personal and professional life. It has been a remarkable learning experience (dare I say life-changing), where I began the conversation pinpointing one section of anticipated work and Irina guided me to understand an entirely different section needed attention. She has supported me with empathy and a client-centered approach."

Sarah Stever, C-Quest Capital

"I feel so fortunate to call Irina a coach and influence in my life. From our first call, I felt an instant connection with her. She is intelligent, personable, and a straight shooter. Irina has many strengths, but one I personally appreciate is her constructive feedback. She is honest and kind and will continue to work with you until you feel confident. And one more thing: from someone who tends to overthink things, Irina brings simplicity and a clear plan of action to my projects and pursuits. So thankful to have her as a coach!"

Paige Pulford, Citi

"Irina is an expert in her field and an amazing coach! I've had the opportunity to build a relationship with Irina over the past year and it has had such a positive impact on me, both professionally and personally. She's a thoughtful listener, she's easy to talk to, and she provides extremely valuable insights. I can't thank her enough for the positive influence she's had on my life. She's brought fresh ideas and new perspectives to my career goals. I highly recommend working with Irina if you're looking for a dedicated, effective, and knowledgeable coach who can help you reach your career goals!"

Emma McKee, Per Scholas

"I've had the pleasure of working with Irina for several months, and her coaching support has been transformative for my career and personal growth. The coaching sessions were personalized, focused, and filled with actionable insights. Irina possesses a unique blend of professionalism, empathy, and expertise that can benefit anyone, regardless of their industry, in improving their performance. Her coaching style is both supportive and challenging, pushing you out of your comfort zone. Thank you, Irina!"

Cristobal Aguilar, ACIDI/VOCA

"I met Irina during the start of my pivot journey. At that time, I didn't realize I needed a coach, until she started asking me the questions that I was too afraid to ask myself. She challenged me in a way that was exactly what I needed at the moment: beyond my comfort level, but always in a safe space. She helped me see my options differently, not by telling me what to do, but encouraging me to unconstrain my thinking, to take small steps today towards a larger goal. Irina, thank you. You were such an impactful part of the journey I've been on. You are an inspiration to me as I continue my own coaching practice."

Heather Vassilev, Danaher

Irina has been instrumental in my growth as a leader and most importantly as a person. I have not had such positive impact on my life from one individual until I met her. She was able to quickly diagnose the areas of improvement, devise a plan, and continuously reinforce with patience and empathy. I grew exponentially as a leader under her mentorship. If you are looking to grow your career or be a better leader I highly recommend to have Irina by your side."

Kish Sudusinghe, OnSiteIQ