

Creating connections that help people learn, grown and perform

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Tariq's coaching practice is based on the deeply held belief that everyone has more potential than even they know. Coaching helps individuals and teams recognise this, begin to understand what this can mean for them, and ultimately enable them to realise their potential.

Beginning life as a performance coach, Tariq's background includes being a professional sportsman before holding a range of Executive leadership roles. These have included HR Director, Communications Director and Sales Director roles in blue chip, multi-national businesses, as well as in agile Private Equity and complex not-for-profit organisations. These varied roles have seen him work in over 25 different countries in both the developed and developing world.

Focussed on listening with real empathy, Tariq's coaching work is person centred, seeking to really understand you as the unique individual that you are and the context in which you operate. Through conversation, connections are created to help you learn, grow and perform. His coaching is grounded in experiences outlined below:

PERFORMANCE	<ul style="list-style-type: none">• International junior squash player, professional coach and junior county cricketer• Re-designed Performance Management Systems in multiple companies with a focus on Performance Development• One of the architects of the Performance and Engagement Strategy that won the overall UK HR industry 2012 Gold Award
BUSINESS	<ul style="list-style-type: none">• HR Director at London Business School• International Communications Director at RSA Insurance• Leadership & Organisational Development Director at Visa Emerging Markets
TRANSFORMATION	<ul style="list-style-type: none">• Led the emerging markets people work-stream for the second biggest IPO in US history• Breakthrough coaching techniques that have enabled individuals to accelerate their career• Specialising in transition moments, using coaching to explore the energy required to <i>"be your best"</i>

A Professional Certified Coach (PCC) with the International Coaching Federation (ICF), Tariq holds the Certificate in Coaching from Henley Business School and is currently completing his Coaching Supervision qualification with Oxford Brookes. Additionally he holds a Masters in Strategic HR, a Post Graduate in PR & Marketing Communications and is a passed finalist Chartered Director with the Institute of Directors (IOD).

Tariq is British Psychological Society qualified and accredited in Hogan and MBTI. Additionally he is one of the few accredited Situational Leadership practitioners in the UK which is a personal passion of his. As are trees and he is fortunate enough to be on the Board of The Tree Council as a Non-Exec Trustee.