



Katina Cremona
Senior Consultant

Katina Cremona is a corporate psychologist who has worked in a clinical practice and as an executive coach, consultant and facilitator over the last twenty-two years.

She has extensive experience working nationally and internationally with senior managers of global corporations. Over this time, she has facilitated a large number of leadership, team development, and cultural change programs. Her broad range of industry clients include Diageo, GlaxoSmithKline, BNP Paribas, and Microsoft.

Throughout her career, Katina has specialised in one-on-one sessions and has a passion for developing individuals to perform at their best in their professional and personal lives. Having worked with diverse individuals, teams and organisations, from senior executives to prison officers and fire-fighters, Katina's specialty areas include communication skills, management and leadership skills, self-awareness, emotional intelligence, team dynamics, and facilitation skills.

Katina's work as an executive coach incorporates her extensive training and experience in understanding how people and systems develop and change. She applies a broad range of frameworks and theories, including organisation development theory, cognitive therapy, psychoanalysis, and systems theory. Her consulting background adds value to her coaching work, as she takes a systemic approach as well as a focus on the individual.

Katina's educational background includes qualifications in psychology, psychotherapy, teaching and acting. She is accredited in the Myers-Briggs Type Indicator (MBTI), Leadership Effectiveness Analysis (LEA), Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) and has completed numerous post-graduate trainings in areas such as mediation, group and organisational dynamics, business and coaching. Katina strongly values, and is involved in, continual professional and personal development. She is a registered psychologist and member of the Australian Psychological Society and The British Psychological Society.