

Anna Raine

Combining research and practices from a wide variety of fields (neuroscience, adult development, improvisation, somatic movement, mindfulness) Anna supports teams and individuals grow on the job.

After 25 years of studying team dynamics, human behaviour and communication, Anna has a deep expertise in working with individuals and teams to lead and motivate change and transformation. In ways that are practical and energising, backed by research and contemporary theories. She is known for her curiosity, deep listening and candid observations.

Coaching philosophy and approach

Anna coaches and mentors individuals, typically those undertaking transitions or leading transformation of organisations, teams or themselves. By spotlighting out-dated beliefs and old patterns of behaviour, individuals gain greater self-awareness, new perspectives and choices emerge. Through experiments, deliberate practices and reflection new ways of working become a reality.

Leadership and Team Impact

Anna hosts and designs team and learning events which have the hallmarks of psychological safety, creativity and playful challenge. Events that build greater levels of connection and collaboration, translating into workplace change and positive impact.

Leaders report greater cooperation and collaboration across groups of people who work together to achieve better business outcomes. Teams report deeper levels of understanding and mutual respect resulting in more engaged staff who feel empowered to speak up, to innovate and experiment.

Acting as a thinking partner or sounding board for senior leaders, Anna supports in nurturing new ideas and solving complex problems. Sometimes simply helping them unravel the 'spaghetti' in their heads or to stretch their thinking making a bigger impact in the longer term.

Industry knowledge and experience

After 20 years of living and working in Europe and USA emerged in a diverse range of clients and industry sectors including insurance and financial services, management consulting, pharmaceuticals, large scale property development, Anna has returned home to Australia.

When she is not working you can find her on the golf course, with her nose in a book or running on the beach.



Academic Record

Macquarie Graduate School of Management (MGSM)

MBA International Marketing 1993–1995

Financial Times Non-Executive Director (NED), Corporate Governance Diploma 2014

Accreditation

EMCC Global Individual Accreditation (EIA) 2009-2010 (Coaching Qualification)

MBTI Qualification 2010

NLP Practitioner 2011

The Extraordinary Leader (EL) 2014

'Anna is more of a guide from the side than a sage from the stage. She is deeply curious learning and exploring along-side me. She encourages me to step out of my comfort zone in ways that will help me grow and develop.'

'Our team is more connected. We contribute freely, listen more and respect each other's perspective. We are getting better at understanding each other's worlds and find it safe to respectfully challenge. We are invested in each team members development and also that of the team'