

Errica Moustaki



Errica is an organisational, leadership development and career consultant, with over 20 years' experience. A trained psychologist and coaches' trainer/supervisor, she works with individuals as well as executive teams in the UK and internationally to enable them to unleash their maximum potential. She is passionate about helping people to love the work they opt for, believing that this deeply affects not only their work satisfaction but also their lifestyle and overall wellbeing. Errica is a careful and empathetic listener with a talent for getting quickly to the heart of the issue and a gift for helping her clients to reframe their career issue. Her approach combines her psychologist's training, deep understanding and insight with a strong practical focus and thorough consideration of the business context that delivers sustainable results.

Background and Consulting Experience

Errica founded Careers in Depth in 2003 to continue the mission of the Tavistock Career and Education Consultation service, integrating over 20 years' experience in psychotherapy practice with consulting to individuals and corporate-funded senior executives and teams in a variety of business sectors. She has a systemic understanding of the interaction between the individual client and the dynamics of their organisation and applies this in her coaching approach.

Errica provides a highly supportive yet challenging environment where her clients can overcome self-limiting beliefs in order to release and apply their own unique set of talents. Her clients describe their sessions as *"inspirational"*, *"challenging"*, *"insightful"* and *"transformative"*.

Her background includes teaching organisational consulting and coaching on a number of postgraduate programmes, including the Tavistock Centre, UK, University of Utrecht, Netherlands and Alanus University, Germany. She has designed, directed and delivered MBA coaching and career development programmes in business schools including CASS (City University) and International Hellenic University.

Qualifications

- BA (first class) Psychology, MA Clinical Psychology, Hebrew University of Jerusalem (distinction)
- Postgraduate specialist adult psychotherapy, Tavistock Centre
- Experiential learning based Leadership Development, Tavistock Institute
- Meyler Campbell Business Coach, accredited by WABC
- MBTI®, and Hogan Assessment Systems; Realise 2; Mindfulness for Coaches, The Thinking Partnership© (Nancy Kline); Coaching systemic Constellations.

"A career rooted in your authentic self is a direct expression of who you are, a blend of those skills that energise and inspire you, your core values and unique personality."

It allows you to be free from the pressure to live up to others' expectations or definitions of success."

Areas of Expertise

Leadership role development
Adaptive/transformational Leadership
Team development/ facilitation
Conflicted work relationships
'Difficult' employees
Leading/Managing Org change
Women in leadership
Career choice & change
Redundancy

Sectors

Financial Services
Professional Services
Pharmaceutical
Charities, Gov.
Universities
Consumer Goods
Media
Insurance
Law

