



About Tiina-Maija Bergman

Tiina-Maija is a leadership facilitator and coach bringing a unique blend of decades of corporate business experience and mindfulness into her work, with a purpose of instilling a spark of joy back into the lives of her clients. In her first career, she spent 20+ years working for global industry-leading hospitality organisations, holding leadership roles across Commercial, Strategy and Operational functions. Since then, she has also worked with private clients to support their personal journey of transformation, as well as leaders and their teams in business who seek a greater understanding of their team dynamics and how they can work together more effectively and harmoniously. Tiina-Maija holds seemingly incompatible polarities; she is both a Business professional and an Energy healer, and inspires her clients to be creative and pioneering, whilst maintaining practicality and financial prosperity. Her life-long learning journey is currently culminating in a PhD in Conscious Leadership, due to be completed by 2027.

Examples of your work:

- Co-created and co-facilitated a N-2 leadership development journey for a large KSA client
- Executive Coach as part of a N-1 leaders development journey based on 360-assessment
- Member of the assessment team of global consultancy's Partner Track leadership assessment centres
- Co-created a 5-day Personal Mastery Retreat

Accreditations

- Barrett Analytics Practitioner
- ICF accredited Coach; 3Brains coach, Business Coach, NLP coach and Resilience coach
- Lead Facilitator of Transformation
- Master Practitioner Mindfulness
- Master Practitioner of NLP, TimeLineTherapy
- Team Dynamics practitioner
- ThinkWrong Design Thinking Practitioner
- Teacher of Dynamic Mind Practice Meditation, Mantra Meditation; Hatha yoga

What clients say about you

Tiina-Maija makes complex things seem simple through her ability to break things into bite-sized portions



She creates a safe and nonjudgemental space that invites 'unsaid' things to emerge – thank you!

Before going to see Tiina-Maija I had tried various forms of meditation, to no avail. With her guidance and expertise, my life has been enriched. I now feel equipped to deal with the tough times as well as the good, with the DMP technique. It truly has changed my life.