



## About Sylvia Sideris

Sylvia is an Organisational Psychologist, Professional Certified Coach (PCC), and assessment specialist with 10+ years experience in helping build high-performing teams and organisations. She partners with organisations and supports teams across the full team lifecycle, from set-up and scale to repair and reset.

Her approach integrates rigorous diagnostics, psychometrics, and coaching to transform insight into practical discipline: clear structures, decision rights, role clarity, and trust-building behaviours that last. She facilitates leadership team workshops, delivers targeted executive coaching, and leads organisation-wide assessments that translate strategy into measurable outcomes. Clients value her structured style, psychological depth paired with a pragmatic approach.

Sylvia is an active member of the BPS, ICF, EMCC, and IOC. Her core belief is simple: strong teams build strong businesses, and wise leaders don't lead alone. She speaks in English and Polish.

### Examples of Sylvia's work:

- C-suite assessment & selection: Delivered multi-method executive assessments for senior hires using Hogan, Wave, NEO and CPP, paired with structured behavioural interviews. Authored decision-ready reports and advised on selection and culture fit.
- Leadership & team development programmes: Delivered interventions combining team diagnostics with psychometrics to translate data into practical coaching goals. Programmes drew on the Rocket Model™ of Teamwork.
- Coaching senior leaders: Provided data-driven executive coaching to C-suite and senior teams, integrating Hogan and 360s to sharpen decision-making, role clarity, and team effectiveness, grounded in high-stakes assessment experience.
- Associate Lecturer: Delivered postgraduate modules in Leadership & Talent Management and Training, Coaching & Career Counselling, emphasising contemporary leadership theories alongside modern talent strategies. Integrated psychometrics and coaching psychology into teaching.

### Accreditations:

- BPS Registered test user Personality & Ability (Level 1 & 2)
- Certified Coach and Mentor (Practitioner), EMCC
- Diploma in Executive Coaching, The Academy of Executive Coaching (AoEC)
- Team Coach, International Systemic Team Coaching Certificate (AoEC)
- MSc, Occupational Psychology, Goldsmiths, University of London
- Professional Certified Coach (PCC), International Coaching Federation (ICF)
- The Rocket Model™ of Teamwork

### Qualified in:

- Cognitive Process Profile (CPP)
- Hogan Suite (HPI, HDS, MVPI)



- Leadership Judgement Indicator (LJI)
- MBTI
- NEO PI-R
- OPQ (SHL)
- Raven's APM (Advanced Progressive Matrices)
- Team Assessment Survey (TAS)
- Wave and Swift (Saville Assessment)
- 360-degree instruments: Global Leadership 360 Assessment (Marshall Goldsmith Stakeholder Centered Coaching), and Team Connect (AoEC)

#### Affiliations:

- International Coaching Federation (ICF)
- European Mentoring and Coaching Council (EMCC)
- British Psychological Society (BPS)
- Institute of Coaching (IOC)

#### What clients say about Sylvia:

"Sylvia is a highly professional coach who blends HR and psychology to help leaders navigate complex challenges. She creates a transparent, trusting space, so clients explore options and meet agreed targets. She provides an end-to-end coaching journey from assessment and profiling through to actionable plans that deliver results." *EC-Member, State Head in India & MSME Business Forum India*

"Sylvia brings sharp focus to every session, challenging my thinking and driving purposeful action. Each conversation lifts my self-awareness and leaves me more empowered." *Director (Middle East)*

"Working with Sylvia as my executive coach was truly transformative. In just a few sessions, her incisive questions clarified decisions for a new venture, surfaced root causes, and led to meaningful, lasting change, well beyond quick fixes". *F&B Entrepreneur, USA*