helen zink

ACTC (ICF), PCC (ICF), ITCA Snr (EMCC), EIA Snr (EMCC), MSc(psyc), MBA, BMS(hons)

growing leaders & teams | sowing seeds of insight & inspiration

grow to be limited

I grow leaders and teams experiencing change, finding VUCAH* tough, or wanting tailored support.

*VUCAH = volatile, unpredictable, complex, ambiguous, hyperconnected

Why me?

My work is authentic, playful, experimental and contemporary. Just like me!

I have diverse experience, post graduate qualifications, and international professional credentials and associations, in business, coaching psychology, systemic team coaching, change and human development. I'm proud of my diverse life experience too.

My experience includes a corporate career spanning 20 years working within large multinationals in New Zealand and globally. Corporate roles include strategic and commercial business partnering, change management, consulting, commercial and financial management, and people leadership. I also have a decade of experience in senior leadership teams.

I love learning and continually invest in my own growth too, through ongoing training, peer development and supervision.

What I do?

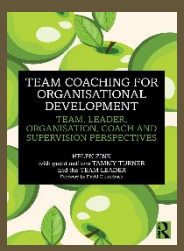
Think of your team as a tree and your leadership as the roots of that tree.

I'm like your personal gardener – nurturing your growth. I provide just the right quantities of water, fertiliser and sunshine, at just the right time, all tailored to your specific environmental conditions. If you need it, I can be a stake to lean on too.

EVERYTHING I do is completely unique - no two trees' situations are ever the same, and neither is my approach. I have an extensive collection of tools to draw from when helpful including: coaching, team coaching, applied positive psychology, vertical/adult development, change management, strategic methodologies, and embodied system mapping.

Sowing seeds

I'm passionate about what I do and share insight. I teach systemic team coaching with international training schools, speak at professional body events regularly and publish articles and books about leading teams and team coaching. Significant publications:



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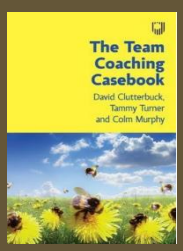

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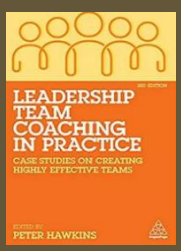

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What clients say?

"Our collective self-awareness improved significantly, resulting in increased accountability, collective decision making and ultimately improved outcomes across the team. Helen helped us apply our learning to real world execution. We have all become better leaders as a result, both individually and collectively.

Gary Connolly, Deputy Chief Executive, St John

"Helen is a multi-skilled, high energy, and people-centred leader. Her insights, creativity and drive made a positive impact on me, our departmental lead team and wider staff. Her range of skills and experience adds real value to any team environment. If you get a chance to work with Helen - take it!

Graham Bodman, General Manager, Auckland Council

Get in touch

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