



## **About the Facilitator**

### **Richard Ramdial**

As Life Coach, IBB Lifestyles Richard is committed to helping clients develop and live the life they truly desire.

Richard, formerly responsible for Project Planning and Resourcing at IBB is now pursuing his own passion as Life Coach and retains responsibility for the growth and further development of the IBB Lifestyles brand.

Richard has over 20 years practical very hands-on experience in helping others develop and pursue more spiritual and mindful living. He is able to quickly build trust and confidence with clients allowing them to feel comfortable enough to access their innate talents and look into the infinite possibilities before them.

Richard has previously worked in a wide range of industries including media, pharmaceutical distribution, finance, energy and government affairs. He has served and excelled in some of the most demanding corporate and public sector environments.

#### **Richard's Core Competencies include:**

- Developing Authentic Leaders
- Executive Business Coaching
- Personal Motivation
- Change Management
- Strategic Human Resources
- Communications
- Corporate positioning & messaging

**IBB Lifestyles**  
**IBB Limited, a member of the IBB Global Group**  
Suite 1, 1A Dere Street,  
Port of Spain  
Trinidad, W.I



Richard has a background has a degree and post graduate diploma in International Relations, as well as certification in Change Management. He is a graduate of The Institute for Life Coach Training (ILCT) and a member of the International Coach Federation (ICF). He has done specialized training in the “mid-life transition” and will complete is Business Coaching Specialist (BSC) certification in June 2012.

He is an avid reader and part-time runner who also enjoys writing. His personal “My Authentic Life” brand is a strategic partner within IBB Lifestyles

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