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Tarina is an expert facilitator and trusted coach who has built her career and expertise on leading and facilitating teams to ensure sustainable high performance and high team engagement. As an associate with n-gen, Tarina brings a wealth of expertise around life-work integration and leadership. She is the co-author of *"More Life, Please!"* with well-known and sought after Dr. Christian Marcolli whose areas of expertise include working with top athletes worldwide such as Roger Federer.

Tarina has a broad reputation for expert facilitation skills, a direct and pragmatic communication style and inspirational leadership. Her focus is always on the alignment of personal and organizational vision and goals and enabling teams to achieve successful and transformational outcomes.

Tarina was the recipient of two global awards while at Novartis Pharmaceuticals for her outstanding commitment to innovation and excellence in the area of Diversity and Inclusion and Performance Management. She holds a double major in Human Relations and Sociology and additionally holds two coaching certifications.