

Carrie J. Co



**Philippines, ACC
Shared Leadership Team Coach
Career Transition Coach**

Carrie J. Co, Principal Partner at LIM Global Philippines Inc

Carrie Co is a Shared Leadership Team Coach and Career Transition Coach with extensive experience in leadership and team development. She also actively mentors & coaches leaders and teams and champions continuous learning and growth in both her professional and personal endeavors.

An ICF Associate Certified Coach (ACC) and a Certified Career Coach, Carrie is a seasoned Human Resources & Organizational Development Professional with over 25 years of experience across various industries in both local and global corporations. In her last corporate role, she was responsible for overseeing all major Human Resources functions. Her expertise in learning & development, succession planning, performance management, change management and communication has enabled her to coach and train senior managers at other Asia-Pacific regional sites. She holds a master's degree in industrial and organizational psychology.

A strong believer in the limitless potential for learning, Carrie advocates for maintaining a mindset of continuous growth and adaptation. Her passion for learning and transformation inspires her to work with individuals helping them see obstacles as opportunities to unlearn old habits and acquire new, high-impact skills for sustained performance. In her free time, Carrie enjoys reading and painting.

Areas of capability and interest include:

- Human Resource Management
- Leadership Coaching & Mentoring
- Team Development and Shared Leadership Team Coaching
- Career Transition & Life Planning
- Change Management & Communication

Contact Carrie at Carriejco16@LIMglobal.net

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