

Virginia Diamond's bio



Virginia Diamond is a leadership coach and organization development consultant. A cornerstone of her business is working with individuals and teams to increase their resilience so they are able to thrive and meet the challenges of leadership in the 21st century. Using proven methodologies and a practical, business savvy approach, Virginia's clients are better equipped to remain grounded and agile during times of change and uncertainty. With this increased capacity, her clients perform more effectively by engaging in *mindful collaboration*, a requirement for success in today's competitive world.

Virginia's approach incorporates somatic awareness, emotional intelligence, and mindfulness practices. Her firm, Diamond Insight, offers a full spectrum of leadership development services—from group and one-on-one coaching to team development and customized training. She works with leaders and teams across the private and public sector.

Prior to founding Diamond Insight in 2004, Virginia worked for more than ten years in the corporate world for Accenture, AMS (now CGI), and Booz Allen Hamilton. Virginia holds a BA in psychology from the University of Chicago and a certificate in Organizational Development and Change Management from Georgetown University. She is certified as a Professional Coach by New Ventures West and by the International Coach Federation. She is also certified as a Master Somatic Coach by the Strozzi Institute.