

A portrait of Tara Lorigan, a woman with blonde hair, wearing a dark sleeveless top, standing with her hands on her hips against a dark background. The image is framed by a blue border.

Tara Lorigan MNZM

Neuroscience-based High-Performance Coach | Transformational Catalyst

For over two decades, I've stood alongside leaders as they navigate the edge between what is and what's possible — catalysing the kind of growth that transforms not just performance, but the trajectory of a life, a team, or an organisation.

As a qualified neuroscience-based coach through the globally renowned NeuroLeadership Institute, I bring evidence-based tools and a deep understanding of how the brain drives behaviour, change, and peak performance. My work is grounded in the science — but powered by a deep commitment to human potential.

And yes — I walk the talk. I've faced setbacks, reinventions, and hard, hard seasons. I've done the deep work to access my own power, peace, and deep fulfilment — not as a concept, but as a way of life. I have my own coaches and mentors because I know that growth is never a solo sport. What I offer others is forged in the fire of real life, not just theory or training — and I bring that level of integrity to every client I work with.

I've had the privilege of coaching hundreds of leaders across the public, corporate, and entrepreneurial sectors — from early staggers to seasoned C-suite executives. The thread that runs through it all. Results that shift the game, not just incrementally improve it.

Clients consistently describe my work as transformational, with clarity, courage, and meaningful progress as the hallmarks of every coaching engagement.

Recognized with a Member of the New Zealand Order of Merit (MNZM) for services to women and business, I bring a level of distinction and credibility that positions my practice among the top tier of coaches globally. But titles only tell part of the story — it's the impact on the humans I work with that matters most.

Whether you're navigating complexity, leading in uncertainty, recalibrating your leadership identity, or preparing to make your boldest move yet — I'm here to bring precision, stretch, and science to your side of the table.