



Executive Coach: Cathie profile



Professional background

Cathie helps clients identify professional success strategies that unify their competitive edge with a desire to lead with compassion. She works with executives who are equally driven by ambition and purpose; those who realize that you can do hard things in a human way.

Cathie honed her professional skills in the exceptionally competitive world of politics and media. As a communications director operating at the highest level of government, her work demanded a novel combination of strategic thinking, laser-like focus personal integrity and authentic compassion. She believes in the power of mindfulness to enhance personal and team performance and actively cultivates it.

With more than 15 years of experience overseeing communications strategy for high-profile leaders such as Hillary Clinton, Chuck Schumer, Peter Jennings and Diane Sawyer, Cathie has confronted, managed and resolved some of the most complicated situations, personalities and crises. On Capitol Hill, as a campaign press secretary and Vice President of Communications at ABC News, she has been pressure-tested professionally in ways few people have and has a proven ability to maintain composure, equanimity and a clear head in the most challenging circumstances.

As a coach, Cathie's ability to get to the heart of any matter sets her apart. Her unique whole-person methodology is designed to provide actionable insights, spark personal growth, evolve behavior and raise awareness through direct and powerful feedback. She can tease out and address an individual's core issues regardless of mitigating factors and superficial distractions.

Educational background

Cathie earned her coaching certification through the Columbia University Executive Coaching program and a B.A. in Political Science from the University of Michigan. She holds a range of professional certifications including the Nalanda Institute's Compassion Meditation Teacher Training.

References

"Working with Cathie helped me raise the bar in every way and it propelled my company forward. Not only was I able to shift my behaviors to identify and overcome self-imposed roadblocks, but it allowed me to be more engaged and hold myself accountable."

Katie Conovitz, CEO, twelveNYC

"When I started working with Cathie, I doubted I had a distinct vision. Cathie helped me uncover, define and embrace my personal leadership style and learn how to use my strengths to inspire my team in big and small ways. If you want a coach who is strategic, thoughtful and will push you to unlock your own potential, I encourage you to work with Cathie!"

Ann, CEO, Internal Communications Agency

"Working with Cathie has been transformative for me. She opened my eyes to new ways of thinking, new ways of managing, and new ways of existing in the workplace. Working with Cathie I have learned to think more deeply about the intention-impact gap and broader team dynamics, which are so fundamental to effective leadership. Her steer and wisdom have made a major impact on how I approach complicated issues at work."

Senior Communications Executive, U.S. Media Company