

**Sandler
Consulting**

Executive coaching
since 1998

Dr. CATHERINE SANDLER



Catherine has worked in the field of leadership development for over 20 years and is one of the UK's most experienced executive coaches. She specialises in work with senior individuals at Board and Director level across the business and not-for-profit sectors. She has established a reputation as a first-class practitioner who delivers outstanding results for her clients and their organisations.

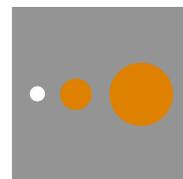
Catherine has taught at several leading educational institutions including London Business School where she coached on numerous programmes between 1993 and 2001. In 2000 she helped establish coaching at INSEAD's Global Leadership Centre and taught on its flagship programme, *Coaching and Consulting for Change*. She has also been a teacher, consultant and PhD supervisor at the Tavistock Clinic in London. Her own doctorate is from Oxford University and she is a qualified counsellor.

In 2011 Catherine's book *Executive Coaching* was published by Open University Press as part of the 'Coaching in Practice' series. She has written articles for a wide range of professional journals on topics such as the emotional role of the leader in turbulent times, coaching the anxious manager and bullying at work. She speaks regularly on these and related areas at conferences, business schools and training courses in the UK and abroad.

A powerful blend of psychological training and business insight sets Catherine's coaching apart. She combines her understanding of individual and group dynamics with a strong focus on practical results. She draws on a range of psychometric instruments, as needed, including 360 degree feedback, personality profiling (the MBTI®) and other tools designed to build emotional intelligence. Catherine has enabled many clients to transform their leadership through shifting longstanding behavioural patterns that hinder their effectiveness.

As well as working with senior executives, Catherine enjoys working with entrepreneurs. She has considerable experience of helping those leading fast-growing SMEs to develop the management and people-skills they need when making the transition from a small, organic business to a larger, more complex company or partnership.

Catherine also specialises in working with senior and high-potential women. Since 2008 she and her team have run short, intensive Impact Programmes which use a small group format to help senior and high-potential women enhance their influencing skills, build emotional resilience and increase their gravitas. She is in increasing demand as a speaker and commentator in this area.



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Catherine's client list over the past few years has included: Argent (Property Development) Services, AXA, Baker & McKenzie, Barclays Bank, BBC, BP, Burberry, Capgemini, Carnegie Mellon University, Ernst & Young, John Lewis, Kingsley Napley, Lloyds Banking Group, Lloyd's Register Rail, London Business School, Reed Elsevier, Russell Investments, Société Générale, UBS, Vision Capital, Waitrose and WD-40. Clients in the not-for-profit sector include NHS Trusts, FE Colleges, central government and charities such as Save the Children UK.

The impact of Catherine's coaching was recently described by a FTSE 250 CEO as *"...an invaluable support. Catherine has a formidable intellect, and is also a very good judge of people. She clearly has a great range and depth of experience that she can draw on to help those she is coaching."*

Another client, senior partner in a large professional services firm, has commented that *"...Catherine's coaching is insightful and straightforward but delivered with sensitivity and soul. She blends real business acumen with deep developmental skills. She is incredibly bright, and really commercial and practical; this combination means that she helps you get to the nub of a problem and helps you solve it."*