

## Carol deLaski



Carol is an executive coach credentialed through the International Coaching Federation (ICF). She coaches in the government sector, as well as in small-to-medium sized businesses and is a gifted facilitator experienced in delivering interactive team building programs.

Carol sees all her clients as leaders; whether they are leading a business, a committee, a team, a family, or simply leading their own lives. Her development philosophy is grounded in the belief that self-awareness is necessary for personal and professional growth. She recognizes that when clients know themselves well, they are better able to make wise choices and create the results they want at work, and in their lives overall. To that end, Carol uses a variety of tools to develop the strengths and consciousness of her clients. This results in more clarity, confidence, and courage to achieve their own definition of success and fulfillment.

Carol is a certified Master Practitioner of the Energy Leadership Process; a 7 level framework to understand positive and negative energy. Her clients rave about this tool and how it helps them manage their thoughts, emotions, and actions to avoid draining energy and consistently achieve more positive results. Carol skillfully delivers individual and team coaching in-person or via conference calls. She listens deeply, asks open-ended questions, and supports her clients as they actively pursue growth and change.

In addition, she is a certified Action Learning Coach through the World Institute for Action Learning (WIAL) and a member of the WIAL-USA Board. With this tool, she develops the leadership competencies of her clients while solving real work challenges.

Carol received her coach training in 2008 from The Institute for Professional Excellence in Coaching (iPEC); accredited by the ICF. Prior to that she received her Bachelor of Science from the University of New Hampshire in teaching, with a minor in psychology.

She is Founder of the Wholistic Coaching Coalition and Wholistic Woman Retreats. She collaborates with other coaches to host a variety of original retreats to provide fun, enriching, and supportive experiences where women can grow personally and professionally. Carol is a dynamic speaker and workshop leader who facilitates energizing connections with both small and large groups.

Carol is the author of a coaching book, *Lost and Found: Discovering Strength in Love and Faith*. Through storytelling and reflection questions she expertly guides readers as they discover and develop their inner strength and the resilience to face life adversities. She leads workshops and retreats based on *Lost and Found* for individuals and organizations.