

Barbara Braham, Ph.D.

Executive Coach & OD Consultant

BIOGRAPHICAL SKETCH

Barbara Braham, Ph.D., MCC, is an executive coach and organizational development consultant, who works with management teams who want to move their organization forward, and individuals who want to realize their potential. In 1990, she added coaching services to her consulting and training business (founded in 1984) and she now coaches senior managers, executives and small business owners. A member of the International Coach Federation, she has earned their highest designation, Master Certified Coach. Coaching gives Barbara the opportunity to work with individuals who, like herself, are committed to professional development and personal growth. Her coaching services are designed to help leaders

- get the outcomes they want in their work and in their relationships
- make successful transitions into new roles and responsibilities
- expand their capacity to learn and self-correct

Barbara has worked with leaders in not-for-profits, government, associations and corporations. Typically she is engaged because a leader has assumed a new position, is being groomed for a higher position, or to address a blind spot that is limiting the effectiveness of the leader. She uses a variety of assessment tools in her work including The Leadership Circle Profile (TLCP) 360, the Leadership Development Profile (LDP) which assesses leaders' stage of development, MBTI and the DiSC personal profile. She has been coaching in the Notre Dame Executive Integral Leadership Program since 2004 in collaboration with The Leadership Circle.

Barbara is an accomplished author, having written eleven books and one e-book. *Be Your Own Coach*, co-authored with Chris Wahl, is her latest book. Her first book, *CALM Down: How To Manage Stress at Work*, was a featured selection in the Macmillan Executive Book of the Month Club. *Finding Your Purpose* has been translated into seven languages. In addition to her books, she has recorded one audio learning program and two CD's. Her paper "A heuristic inquiry into the impact of a vipassana meditation practice on executive coaching" was delivered to the 2005 International Coach Federation research symposium and published in their proceedings.

In the arena of organizational development, Barbara facilitates strategic planning retreats, designs work conferences, facilitates organizational redesign processes and participates in corporate leadership development initiatives.

In 2005 Barbara completed a Ph.D. program in Organizational Behavior/Development and wrote her dissertation on executive coaching. She has been an adjunct faculty member at Antioch University, the University of Minnesota, Wright State University and The Ohio State University.



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