

CATHY MCCONNELL

CERTIFIED EXECUTIVE COACH, PCC



NAME

Cathy McConnell

BOOKING INFO

(855) 818-0600 ext: 101
coach@padraig.ca

LANGUAGES

English

ONLINE PRESENCE



<https://linkedin.com/in/cathy-mcconnell>



<https://padraig.ca/team/cathy-mcconnell/>

CERTIFICATIONS, TOOLS & ASSESSMENTS

Professional Certified Coach, International Coaching Federation

EQi2.0 and EQ360
Emotional Intelligence Assessment Certificate

Facet5 Power of Personality
Certified Practitioner

COACHING STYLE

Cathy's belief is that everyone who has the desire and the commitment to make positive change has the ability to reach their highest potential.

Her approach to coaching is based on partnership, encouragement, challenge and change. Through powerful questioning, Cathy seeks to understand the individual's needs and helps them to reach further and achieve more.

CAREER EXPERIENCE

Associate | Padraig Inc

Cathy has been a Certified Executive Coach since 2013 and has been with Padraig Inc since 2013.

Career Experience Prior to Coaching

Prior to become a certified coach, Cathy had an exceptional career in senior leadership in the retail sector. Cathy's experience is in sales leadership, brand leadership and human resources leadership. She has had the titles of "Vice-President, Sales Culture," "Vice-President, Business Capability and Human Resources," "General Manager, Financial Services" "National Manager, Specialty Businesses", and "Store Manager" for what was then Canada's largest retailer.

EDUCATION



Masters Certification in Executive Coaching

Royal Roads University, Victoria, BC



Wilfred Laurier University, Waterloo, ON

TESTIMONIALS

"Cathy was able to help me discover the pitfalls of not communicating effectively in a workplace - using base testing and analysis as a foundation, Cathy was able to help me put into practice some key things to improve collaboration among co-workers and business associates. This resulted in more project success and a general feeling of a job well done."

-Senior Business Development Manager, Higher Education Industry

"During a recent companywide restructuring, which would be impacting me personally, I reached out to Cathy to help me position myself strategically in this new structure. She helped me articulate and define the multitude of ideas that were floating in my head into a concise strategy. Her extensive work experience and coaching helped guide me to the solution and helped me position it strategically to the executive team."

-Regional Director, Retail Operations

