

SANDRA LOWE

EMERGING COACH, CEC, CHRL



NAME

Sandra Lowe

BOOKING INFO

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

LANGUAGES

English

ONLINE PRESENCE



<https://www.linkedin.com/in/sandra-lowe/>



<https://padraig.ca/team/sandra-lowe>

EDUCATION



Graduate Diploma in Executive Coaching

Royal Roads
University, Victoria, BC



Executive Program in Sustainability Leadership

University of Toronto,
Toronto, ON



Post-Baccalaureate Certificate in Public Administration and Leadership

University of Toronto,
Toronto, ON



Master of Education in Workplace Learning and Change

University of Toronto,
Toronto, ON

COACHING STYLE

Sandra Lowe empowers leaders to realize their full potential through exploration, self-awareness, and growth. She is a catalyst in leadership development, a trusted Consultant, and an Executive Coach dedicated to unlocking potential and driving transformation. With over 20 years in Human Resources and leadership, she brings a wealth of expertise to every engagement.

As an Executive Coach, Sandra fosters a collaborative partnership with her clients to support discovery, goal setting, and action. Whether working with an individual or teams, Sandra supports her clients through a transformative journey towards clarity and progress with compassion, curiosity, and kindness. From personal experience, Sandra knows that working with an Executive Coach can be life-changing and would be honoured to join you on this journey.

CAREER EXPERIENCE

Associate | Padraig Inc

Sandra has been part of Padraig's *Emerging Coaches for Emerging Leaders* program since 2026.

Career Experience Prior to Coaching

Before becoming an executive coach, Sandra built a more than 20-year career in human resources and leadership, working with small to mid-sized organizations and municipalities. In her consulting practice, she provided strategic and operational HR support, advising leaders on organizational design, talent management, employee relations, and aligning people practices with business goals.

As a trusted HR partner, Sandra worked closely with leaders navigating growth, change, and complex people challenges. She supported organizations in strengthening leadership capability, improving team effectiveness, and creating the conditions for sustainable performance. She is also a skilled facilitator, known for guiding meaningful conversations that lead to clarity, alignment, and forward movement.

This experience directly shapes her work as a coach. Sandra brings practical insight and a calm, grounded presence, creating space for thoughtful reflection, honest exploration, and focused action. She supports leaders in building self-awareness, gaining clarity, and making meaningful, lasting progress in their work and leadership.