



***Sheridan Gates, PCC***

### **Background**

Ms. Gates is an executive and leadership coach, organizational development consultant, facilitator, trainer and author. She specializes in individual, team and organizational change. Ms. Gates is committed to supporting leaders to create communities and workplaces that thrive.

### **Education**

Ms. Gates is a graduate of both the Newfield Network and the Strozzi Institute for Embodied Leadership Somatic Coaching Programs. She has received a masters at George Washington University in Human Development and her Bachelor of Arts in Economics and Business from DePauw University.

### **Past Experience**

She provides leadership coaching and organizational change consulting to government agencies, non-profit institutions and commercial organizations. She designs and delivers training in project and change management, facilitation skills, leadership, interpersonal communications skills, and coaching. Ms. Gates supports clients to create positive personal and systems-wide change using approaches that foster ownership and commitment to a shared future. She leverages Appreciative Inquiry and systems change models to create sustained improvement.

In Leadership coaching, Ms. Gates is known for her powerful questions which stimulate client's thinking about not only how they are interacting in their world but also the lens through which they see themselves and others. Clients gain confidence, clarity and momentum to take new actions to reach their goals. Through exploration of values and purpose, clients rekindle their own sense of commitment based on what matters most to them. Ms. Gates supports clients to build resilience during change. By developing somatic practices such as centering, clients build leadership presence.

### **Certifications**

She is a member of the International Coach Federation (ICF) PCC certified, a member of the Association for Talent Development and serves as faculty and coach for the NTL Institute for Applied Behavioral Science.

She is certified to administer the MBTI personality Type Indicator, the EQ 2.0 Emotional Intelligence Assessment and the IFRO-B instrument. Ms. Gates is a Core Individuation healing practitioner.

### **Accomplishments**

Ms. Gates published "Creating Possibilities and Pathways: Coaching Leaders through Change: The power of partnering with a coach when navigating new territory," in the April, 2011 issue of Practicing Social Change, published by The NTL Institute.

She is the author of the book, Losing Sight, Finding Vision: Thriving Throughout Life's Lasting Losses. The book describes ten strategies for individuals and leaders who want to thrive, defying perceived limitations and accessing their power, confidence and wisdom. She serves on the board of the World Institute on Disability.