

Sandler Lanz

Specialists in
executive coaching

Dr. CATHERINE SANDLER



Catherine has over 20 years' experience of consulting to organisations and individuals on the human dimension of workplace life. Since 1997, she has specialised in coaching senior executives and teams at Board and Director level. She has established a reputation as a first-class practitioner in the field, enhanced by the quality of her small, hand-picked team of highly-experienced coaches. In March 2007, Catherine welcomed her close colleague Kate Lanz into partnership and Sandler Lanz was formed.

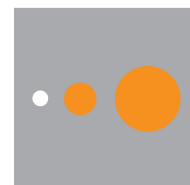
It is Catherine's powerful blend of psychological skills and business knowledge that distinguishes her coaching. She has a striking ability to go straight to the heart of an issue while creating a warm rapport with her clients. She brings clarity, depth and real practical value to each session, providing a safe space in which leadership thinking and practice can be challenged and explored. Catherine's aim is always to enable clients to become significantly more effective, confident and fulfilled in their business roles.

As part of this process Catherine makes flexible use of a range of developmental tools designed to increase self-awareness and emotional intelligence. In particular she is a specialist in the use of the Myers-Briggs Type Indicator (MBTI®) and 360 degree feedback.

Catherine is a trained and experienced psychological counsellor and has a doctorate from Oxford University. She has published several articles and is writing a book on Executive Coaching for the 'Coaching in Practice' series published by McGraw Hill, part of Open University Press.

Catherine has worked at a number of world-class business-education and consulting institutions. This has included teaching on programmes for international executives, most notably at London Business School's Centre for Management Development since 1993, at Cambridge University's Judge Institute in the mid-1990s, at INSEAD since 2000 and more recently on the 'Coaching and Consulting for Change' programme run jointly by Oxford University's Saïd Business School and HEC in Paris. She has also worked as a consultant, teacher and PhD supervisor at the Tavistock Clinic (which has an international reputation in the field of psychology).

Catherine regularly speaks at seminars and conferences on executive coaching and leadership development, both in the UK and abroad. She delivers masterclasses in coaching for fellow practitioners, HR directors and senior managers and is one of the country's most experienced supervisors of executive coaches.



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Catherine was invited to become a founding member of APECS (the Association for Professional Executive Coaching & Supervision) when it was created in 2005 to set standards for the executive coaching profession in Britain. She is also an invited member of the WABC (Worldwide Association of Business Coaches), based in North America and was a speaker at its 10th anniversary conference in Vancouver in May 2007. Recent engagements include a keynote presentation at the CIPD (Chartered Institute of Personnel Development) annual conference on coaching. A full list of her engagements is on the Sandler Lanz website.

Since the beginning of the economic downturn, Catherine has focused her thinking and practice on the critical issue of 'leading in turbulent times'. In particular, she has addressed the psychological and emotional role of the leader during recession. She has developed a model for leaders which outlines four specific behaviours that, together, will maximise the morale, motivation and performance of the workforce under stress. Catherine's ideas were featured in the Financial Times on 24th March 2009.

The impact of Catherine's coaching was recently described by a Board Director as *"...an invaluable support. Catherine has a formidable intellect, and is also a very good judge of people. She clearly has a great range and depth of experience that she can draw on to help those she is coaching."*

Another senior client commented that *"...Catherine's coaching is insightful and straightforward but delivered with sensitivity and soul. She blends real business acumen with deep developmental skills. She is incredibly bright, and really commercial and practical; this combination means that she helps you get to the nub of a problem and helps you solve it."*

Catherine's client list includes, among many others, ABN Amro, Barclays Bank, Barclays Capital, BBC, BP, Cap Gemini, Ernst & Young, Herbert Smith, John Lewis Partnership, Waitrose, Lehman Brothers, Lloyd's Register Rail, Masstock, Morgan Stanley, Societ  G n rale, Syngenta, Vision Capital and WD-40. Clients in the not-for-profit sector include several NHS Trusts, central government (OGC) and Save the Children UK.