



Sandler Lanz

Specialists in
executive coaching

Dr. CATHERINE SANDLER



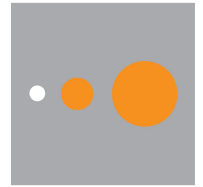
Catherine has over 20 years' experience of consulting to organisations and individuals on leadership and the human dimension of workplace life. Since 1997, she has specialised in coaching senior executives and teams across all sectors at Board and Director level. She has established a reputation as a first-class practitioner in the field. With Kate Lanz, her business partner since 2007, she leads a small hand-picked team of highly-experienced coaches.

It is Catherine's powerful blend of in-depth psychological skills and business knowledge that sets her coaching apart. She has the ability to go straight to the heart of an issue while creating a warm rapport with her clients. She brings clarity, depth and practical value to her work and consistently achieves excellent results for both the individual and their organisation.

As part of this process Catherine makes use of a range of developmental tools designed to increase self-awareness and promote behavioural change. She is a specialist in the use of the Myers-Briggs Type Indicator (MBTI[®]) personality profiling tool and 360 degree feedback. Catherine is also a qualified and experienced psychological counsellor and draws on this expertise in her coaching. She has a doctorate from Oxford University.

Catherine has worked at several world-class educational institutions. These have included coaching on open and company-specific programmes at London Business School since 1993 and INSEAD since 2000 and on the *Coaching and Consulting for Change* programme run by HEC Paris and the Oxford University Saïd Business School. 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 has recently published a book on Executive Coaching for the *Coaching in Practice* series published by Open University Press. She has also written articles on coaching and leadership in a number of professional journals. She speaks regularly on leadership development at seminars and conferences 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. She is a founding member of APECS (the Association for Professional Executive Coaching and Supervision).



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The impact of Catherine's coaching was recently described by a FTSE 250 CEO 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 has 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 over the past few years has included: AXA, Baker & McKenzie, Barclays Bank, BBC, BP, Burberry, Capgemini, Carnegie Mellon University, Ernst & Young, John Lewis, Kingsley Napley, Lloyd's Register Rail, Morgan Stanley, Reed Elsevier, Russell Investments, Société Générale, USAA, Vision Capital, Waitrose and WD-40. Clients in the not-for-profit sector include the NHS, central government, City of Westminster College and Save the Children UK.