

Cara Power – Leadership Coach

Cara is both a Certified Leadership & Career Coach as well as a Certified Positive Psychology Practitioner. Her disciplined, high-energy approach facilitates partnerships with aspiring, newly-transitioned, and existing leaders who seek meaningful transformations in their business and personal lives. Her career spans two decades and includes experience in corporate, legal, non-profit and women's leadership and empowerment organizations.

In the coaching domain, Cara specializes in Leadership Presence, Personal Branding, Communicating Value Proposition, Goal Achieving, Team Collaboration, Impactful Communication, and Career Advancement—topics on which she is a sought-after speaker, trainer, and facilitator. For her thoughts on Personal Branding, Cara was quoted in [Fast Company magazine](#).

As a Certified Positive Psychology Practitioner, Cara offers coaching, training, and facilitation across a range of areas including: Growth Mindset, Values & Strengths Discovery, Conflict Resolution, Real Time Resilience, Building Trust, and Productive Language.

Coaching Approach: Turn Potential Into Power

She caters to the high-achieving executive and those who aspire to become one. Her style is both interactive and action-oriented. She inspires clients to bridge the often-gaping chasm between contemplating change and implementing change. By cultivating Growth Mindset, Cara empowers leaders to overcome limiting beliefs, own their power and achieve greater goals than they knew were possible.



Professional Highlights

Senior Leadership Coach, The Paradox of Leadership
Founder, Cara Power Coaching
Executive Director, Savvy Ladies
Managing Director, SJL Attorney Search
Senior Client Manager, American Express
Board of Directors, American Cancer Society

Education Highlights

Certified Professional Coach, Institute of Professional Excellence in Coaching (iPEC)
Energy Leadership Index Master Practitioner Certification (iPEC)
Certified Positive Psychology Practitioner, The Flourishing Center
MAT, George Mason University
BSBA, American University