

Cara Power

Senior Leadership Coach



Cara is a passionate and sought-after coach, trainer, and consultant who takes pride in her ability to create swift, lasting transformations in her client's lives. From newly minted, first-time managers to C-Suite executives, Cara's energy, enthusiasm, and action-oriented style inspire her clients to become the most-effective and authentic versions of themselves—both personally and professionally.

Cara applies evidence-based coaching and positive psychology principles to uncover and overcome limiting beliefs that unwittingly hold you back. Borrowing proudly from the Growth Mindset research of Dr. Carol Dweck, Cara's approach reveals the intimate relationship between beliefs, actions, and results... and highlights your ever-present ability to achieve desired goals by changing your mindset. This approach results in better value propositions, more-effective leadership presence, higher resilience, and greater professional impact and influence. For her thoughts on Personal Branding, Cara was quoted in Fast Company magazine. <https://www.fastcompany.com/3040544/how-we-end-up-working-with-the-same-people-at-every-job>



Professional Highlights

- Senior Leadership Coach, *The Paradox of Leadership*
- Founder, *Cara Power Coaching*
- CHIEF Group Facilitator - network for the most powerful women in executive leadership
- Executive Director, *Savvy Ladies*
- Managing Director, *SJL Attorney Search*
- Senior Client Manager, *American Express*
- Volunteer, *MCW Global - Miracle Corners of the World*

Educational Highlights

- Certified Professional Coach, *Institute of Professional Excellence in Coaching (IPEC)*
- Certified Positive Psychology Practitioner, *The Flourishing Center*
- Certified Health & Wellness Coach, *The Institute for Integrative Nutrition*
- MAT, *George Mason University*
- BSBA, *American University*
- Exec Education Certifications include: Energy Leadership Index and Myers Briggs

Leadership Development for Enlightened Corporates

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