

Dr. Anne Perschel

Executive Coach

Anne is an executive coach and organizational psychologist, with over 20 years' experience. She works with senior executives and talented up-and-comers, spanning a variety of industries, including: high tech, pharmaceuticals, biotech, scientific research, health care, financial services and construction. She is also an expert on creating diverse and inclusive cultures, and developing high performing teams.

When she's not working with leaders, writing, talking or reading about leadership, Anne enjoys:

- The smell of salt water while walking the beach with her rescue dog Roxie
- Children's spontaneous expressions as they discover the world and themselves
- Long dinner conversations with family and friends
- Cycling, kayaking and working out at the gym
- Meditating and practicing yoga
- Laughing

Anne's coaching style and approach includes:

- A highly confidential relationship
- Development goals and a plan to achieve them
- Behavior change techniques based on sound psychological and neuropsychological research
- Increased access to deepened insight, intuitive thinking and inner wisdom

Education and Relevant work experience

- Master's degree in organization development and a doctorate in psychology
- Served as senior manager, organization and leadership development, for two Fortune 500 companies, most recently at Intel
- Master coach supervisor, William James College, Coach Certification Program
- Has been on the executive development faculty of both University of New Hampshire, College of Business and Economics; and Columbia University School of Business
- Certified Mindfulness Meditation Instructor via Mindfulness Meditation Teacher Certification Program (MMTCP) led by Jack Kornfield and Tara Brach
- Worked with organizations including Intel, Addgene, Froedtert Health, Medical College of Wisconsin, Cydan, Idex
- Leadership development and change consultant