

## Jennifer Sinek, MPPM, CSC, MCC

Jennifer is a Master Certified Coach (International Coach Federation) and management consultant. She has more than two decades of experience working with individuals, teams and organizations, helping them see and are excited by the possibilities open to them - and then make them happen. Utilizing both conversational and somatic practices, she helps her clients step into their power as leaders - and authors of - their professional and personal lives. Ms. Jennifer works with leaders in the public and private sectors, specializing in executive coaching, leadership development, group coaching, and organizational assessment and intervention

### Coaching and Consulting Approach

- Jennifer believes that real progress and growth come from helping leaders clarify what they are truly trying to achieve, offering them new ways to see both their particular situation and life in general, and helping them develop skills and practices that will allow them to make the changes necessary both to attain their professional goals and have a fulfilling, healthy life.
- Her clients say that she is remarkably talented at putting her finger on the crux of issues in a way that helps people both see them clearly and resolve them constructively.

### Training/Educational Background

- Jennifer holds a Master's degree in Public and Private Management from Yale University and a Bachelor's degree in psychology from Colgate University, where she was elected to Phi Beta Kappa.
- She has been coaching for more than 15 years, and has been certified since 1999 as a Master Coach by the International Coach Federation.
- She has earned the designations of Certified Somatic Coach from Strozzi Institute and Certified Professional Effectiveness Coach from New Ventures West.
- She is certified in numerous assessments including The Leadership Circle Profile, MBTI, DiSC, and the Center for Creative Leadership suite of assessments.

### Specialties:

- Executive Coaching
- Management Skills
- Leadership
- Life Coaching -- Balance/Integration



### Areas of Expertise

Executive Coaching  
Management Skills  
Leadership Coaching  
Life Coaching -- Balance/Integration  
Group Coaching

### Industry & Sector Experience

Public Sector  
Private Sector

### Functional Experience

Team Leader  
Organizational Development  
Consultancy  
Management Skills  
Leadership Coaching

### Certifications

Master Certified Coach (MCC)  
International Coach Federation (ICF)

### Education

Yale University - Yale School of  
Management  
MPPM, Management  
1987 - 1989  
Colgate University  
BA, Psychology, Music  
1980 - 1984  
Strozzi Institute  
MSC - Master Somatic Coach, Somatic  
Coaching