

## Sharon Keys Seal, PCC

Sharon has been a professional certified executive coach and facilitator for 20+ years. Over the years, her work has evolved to focus on helping emerging leaders strengthen their communication, strategic and relational skills. She coaches very bright professionals who want to take their careers to the next level, while maintaining balance in their work and personal lives. Her clients are all high-potential learners and are willing to stretch and work hard to achieve their professional goals and commitments. Sharon has engaged in over 3,500 hours of one-on-one executive coaching work. Before starting her coaching practice, Sharon worked in a large non-denominational church as Director of Operations; an advertising and PR firm as Business Manager; and a management consulting firm as Marketing Director.

**Specialties:** Leadership development; executive presence; communication skills; team building; career management.

Sharon has worked in industries as diverse as financial planning, manufacturing, healthcare, education, applied sciences, federal government, and management consulting.

### Coaching Methodologies

Before coaching was accepted as an essential development tool in the corporate arena, Sharon recognized the value of tapping the innate wisdom, courage, and humanity of high potential employees. For over two decades, she has steadfastly held to her mission of helping executive coaching clients and teams discover, understand and leverage their talents. Her intention is to encourage them to effectively bring their authentic selves into their work in ways that their contributions are evident, understood and appreciated.

Sharon works primarily on two levels with her clients:

- On the first level, they begin to identify and incorporate the requisite skills and behaviors that lead to success at work.
- On the second level, which is even more important, clients become more aware of the personal attitudes and beliefs they must choose if they intend to demonstrate those skills and behaviors for the long term.

By integrating relevant tools and models into their conversations, Sharon helps her clients broaden their perspectives and insights and change the way they see themselves and those with whom they work. Sharon brings the highest level of integrity to her relationships and work. Her humor and sense of fun make it easy for her clients to invest their time and energy into coaching. Simply put - the work is enjoyable, the takeaways meaningful and the growth enduring.



### Areas of Expertise

Executive coaching  
Leadership development  
Problem solving/creative thinking  
Facilitation and retreat design  
Communication skills

### Industry & Sector Experience

Financial Services  
Federal Government  
Management consulting  
Healthcare  
Manufacturing  
Science/Technology/IT  
Non-profits

### Functional Experience

Senior Executive Service  
C-Suite Executives  
Business Owners  
Entrepreneurs  
Executive Directors  
Consultants  
Managers/Directors

### Certifications

Graduate, Coach U  
Professional Certified Coach (PCC)  
DISC Behavioral Assessment  
Myers-Briggs Type Indicator  
The Leadership Circle Profile 360  
i2a Facilitation Method  
The Interaction Method of Facilitation

### Education

B.A., Mary Baldwin College  
Organization and Relationship  
Systems  
Coaching Fundamentals, CTI  
Georgetown University  
Leadership Coaching Program