

## **SARA THOMPSON B.A. ACPC, PCC** **Adler Certified Professional Coach**

Sara Thompson is a masterful listener. She hears peoples' spoken and unspoken messages in a way that helps leaders embrace their strengths and deal productively with their blind-spots.

Coaching provides a unique opportunity for people to achieve their personal leadership excellence. Sara's passion is leadership development. She has a firm belief that when people harness their strengths and lead from a position of excellence and authenticity, they can have a profound impact on others both personally and professionally. As a two time winner of the Prism Award for leadership excellence in two large organizations (Sanofi-Pasteur Pharmaceuticals Inc. and Grant Forest Products Inc.), she has contributed to qualitative and quantitative results achieved through coaching.

She is an experienced Executive Coach, Mentor and Facilitator. For the past 15 years, Sara has had her own consulting practice providing strategic guidance, coaching and consulting to firms in financial services, consumer goods, travel and tourism, entertainment, healthcare, publishing, high tech and not for profit. In her leadership development practice, Sara works in organizations with individuals and teams. She has held senior executive roles including Vice President, Customer Service for a large Canadian Telecommunications Corporation.

Sara is a Graduate of the Adler International Learning Inc, and is also a faculty member. She holds her designation as a Professional Certified Coach (PCC) from The International Coach Federation. Sara also works as an Executive Coach for Career Dynamics Coaching Inc.

Sara loves the outdoors including cottage life, kayaking, sailing, and cross-country skiing. As a mother of four adult children, her energy comes from her true delight and curiosity at watching those around her grow and change.