



Judy Cohen, PCC

Ms. Cohen is an executive leadership coach and an organizational and management consultant that works with both individuals and teams in the areas of leadership and performance improvement. As an experienced corporate executive, Judy understands and has an appreciation for the multitude of skills needed to lead organizations and teams, overcome business challenges, and achieve career success in our complex and changing world.

Judy transitioned to coaching after a decades-long career in information technology. She has a deep-seated desire to help professionals do their best and feel good about their work. By leveraging her personal experience in government and corporate roles with her in-depth understanding of organizational systems, Judy helps individuals and teams successfully navigate their work environment and cultures to meet their personal and professional goals. In her coaching, she partners with clients to explore what they want to achieve then supports and challenges them to move ahead.

Ms. Cohen is energized around unleashing potential in terms of productivity and innovation. She works with teams to increase communication and collaboration in support of achieving team goals. Judy's coaching and facilitation skills, delivered in-person and virtually, enable leaders and teams to thrive in terms of process and outcomes. She is a big proponent of creating positive workplaces where employees feel a sense of accomplishment and meaning.

Education

Ms. Cohen is a graduate of Georgetown University's Leadership Coaching Program. She received a Master of Science degree in Organizational Development from American University and holds a Bachelor of Science in Mathematics from University of Albany – SUNY.

Experience

Ms. Cohen provides leadership coaching, management, and organizational development consulting, training, and facilitation to government agencies, private sector and nonprofit organizations. Judy's experience in strategy, management consulting, program and project management, systems development, change management, management and technical training, research and development, informs her client work. She has extensive experience in conceptualizing, planning, developing, executing programs and projects as well as leading and managing groups and teams. She connects well with technology clients and has a particular interest in working with women in technology roles.

Judy's individual coaching focuses on leadership development and achieving organizational and personal success. She coaches mid to senior level leaders in government, private sector, and nonprofit organizations to maximize impact while maintaining their authenticity. Her systems-based approach addresses the individual, group, and organizational level. Through self-observation and increased awareness, clients identify and clarify their higher goals, what drives them, their strengths, and what may be inhibiting them from achieving the results they desire. By helping them connect with others, clients build more positive, productive relationships, and are better able to communicate and collaborate with the diverse group of people with whom they work. Her organizational focus enables clients to step into their power, expand their influence and more skillfully navigate their political environment.

Judy's work with teams, centers on team process and development. She helps teams work towards a common purpose, develop a supportive climate and behaviors which facilitate trust, collaboration, communication, and ultimately desired results. Judy's team coaching approach enables teams to accomplish their work while improving their functioning and effectiveness.

Building on her past experience as a training director for a professional services firm, Judy develops and teaches leadership classes for mid-career and senior leaders. Her Growth in Leadership for Women (GLOW) program, which she developed and teaches, provides a transformational experience for many students, and consistently receives rave reviews.

Certifications

Ms. Cohen is a member of the International Coach Federation (ICF) where she is PCC certified. She also holds a Project Management Professional (PMP) certification and is a member of the Project Management Institute. She is certified in a number of leadership-related assessments including The Leadership Circle Profile and EQ-i. Judy is a Fellow at ACT-IAC, a government- industry professional organization.

Accomplishments

In 2015, Ms. Cohen received the Federal 100 award for her leadership in support of a highly visible government program. Judy has served as an adjunct lecturer at the American University, where she received the Dean's Award for Outstanding Service, and George Mason University. Judy often speaks at conferences, professional organizations, and women's groups. In 2019, she presented a session at the Grace Hopper Celebration, the world's largest conference for women in technology with over 20,000 attendees. She has given presentations to Salesforce, Nokia, Women in Technology, and Chesapeake Bay OD Network Communities of Practice on the topics of women's leadership, coaching and organizational consulting.

Judy has been a yoga practitioner for over 25 years. She enjoys being with family, walking in nature, pottery, cooking, and playing with her dog Mousse.