



Sheridan Gates, M.ED, PCC

Ms. Gates is an executive and leadership coach, organizational development consultant, facilitator, trainer, and author. She specializes in supporting clients to surface and overcome internal and external barriers so they can inspire others towards their shared vision. Ms. Gates is committed to supporting leaders to create workplaces that thrive.

Education

Ms. Gates is a graduate of both the Newfield Network and the Strozzi Institute for Embodied Leadership Somatic Coaching Programs. She has received a masters at George Washington University in Human Development and her Bachelor of Arts in Economics and Business from DePauw University.

Past Experience

She provides leadership coaching and organizational change consulting to government agencies, non-profit institutions, and commercial organizations. She designs and delivers training in leadership, resilience/mental fitness, interpersonal communications skills, and coaching. Ms. Gates supports clients to create positive personal and systems-wide change using approaches that foster ownership and commitment to a shared future. She leverages Appreciative Inquiry and systems change models to create sustained improvement.

In Leadership coaching, Ms. Gates is known for her powerful questions which stimulate client's understanding of how they are interacting in their world but also the lens through which they see themselves and others. Clients gain confidence, clarity, and momentum to take new actions to reach their goals. Through exploration of values and purpose, clients rekindle their own sense of commitment based on what matters most to them. Ms. Gates supports clients to build resilience during change. By developing somatic practices such as centering, clients build leadership presence and embody confidence.

Certifications

She is a member of the International Coach Federation (ICF) PCC certified and the Organizational Development OD Network. She is a Positive Intelligence (PQ) Certified Coach. She is certified to administer the MBTI personality Type Indicator, the EQ 2.0 Emotional Intelligence Assessment, and the IFRO-B instrument. Ms. Gates is a Sacred Anatomy Energy Medicine practitioner.

Accomplishments

Ms. Gates published "Creating Possibilities and Pathways: Coaching Leaders through Change: The power of partnering with a coach when navigating new territory," in the April 2011 issue of Practicing Social Change, published by The NTL Institute. She is the author of the book, *Losing Sight, Finding Vision: Thriving Throughout Life's Lasting Losses*. The book describes ten strategies for individuals and leaders who want to thrive, defying perceived limitations and accessing their power, confidence, and wisdom.