

## Cara Power – Executive Leadership Coach | Positive Psychology Practitioner

### About

Cara Power is an executive leadership coach whose disciplined, high-energy approach facilitates partnerships with aspiring, newly-transitioned, and existing leaders who seek meaningful transformations in their business and personal lives. Her career spans the better part of two decades and includes experience in corporate, legal, non-profit and women's empowerment organizations.

In the coaching domain, Cara specializes in Personal Branding, Professional Networking, and Goal Setting & Achieving – topics on which she is a sought-after speaker, trainer and facilitator. For her thoughts on Personal Branding, Cara was quoted in *Fast Company* magazine. <http://bit.ly/1w66wBO>

As a Positive Psychology Practitioner, Cara provides coaching, training, and facilitations across a range of topic areas including: Shifting Mindset, Real Time Resilience, and Productive Communication.

### Coaching Approach: Turn Potential Into Power

Cara is a passionate and driven leadership coach catering to high-achieving executives and those who aspire to become one. Her coaching approach is interactive and action-oriented. She inspires clients to bridge the often-gaping chasm between contemplating change and implementing change. By instilling and cultivating growth mindset, Cara empowers leaders to overcome limiting beliefs, unleash their potential and achieve greater goals than they knew were possible.



#### Professional Highlights

Senior Leadership Coach, The Paradox of Leadership  
Founder, Cara Power Coaching  
Executive Director, Savvy Ladies  
Managing Director, SJL Attorney Search  
Senior Client Manager, American Express  
Board of Directors, American Cancer Society

#### Education Highlights

Certified Professional Coach, Institute of Professional Excellence in Coaching (iPEC)  
Energy Leadership Index Master Practitioner Certification (iPEC)  
Certified Positive Psychology Practitioner, The Flourishing Center  
MAT, George Mason University  
BSBA, American University