



Cathryn Noyes

MBA, ACC, CPC, MGSCC, MP-ELI
Executive and Leadership Coach



978-460-8378

cnoyes@OdysseyCoaching.org

www.OdysseyCoaching.org

"I help successful leaders master the leadership competencies that will help them achieve success, but just as importantly, I help them to clarify what brings meaning and purpose to their lives and careers. I coach the whole person, both as a leader and as a human, by working with them to develop their own definition of success and opening their eyes to new opportunities for personal and professional growth."

Cathryn enjoys coaching executives who are looking to balance the complexities inherent in their personal lives and in their roles of power and influence. She is a thought partner who provides her clients the space to develop new insights and perspectives, discuss challenges and explore new opportunities. She supports global leaders in articulating and achieving challenging goals by growing their self-awareness, helping them understand the drivers of their behavior, learning new leadership skills and providing them with honest feedback. With 20+ years of experience in a variety of roles and industries, Cathryn leverages her understanding of international business and culture and her experience with international clients to connect with people from all cultures, ethnicities and business backgrounds.

By incorporating appropriate assessment and development tools, and drawing on principles of leadership theory, neuroscience, Positive Intelligence and emotional intelligence, she helps leaders understand what drives their behaviors and how they can use their new learnings and insight to become stronger, more effective leaders, face challenges with confidence and unlock better performance for themselves and their teams.

"Always an amazing, supportive and motivating leadership and career mentor." Ayse Y., Turkey

Cathryn is credentialed through the International Coaching Federation (ACC), iPEC (Certified Professional Coach), Quantum Endeavors (Certified Leadership Coach) and Marshall Goldsmith (MG Stakeholder-Centered Coach). She is certified to lead 360 ° assessments, and is a Master Practitioner of the Energy Leadership Index Assessment (ELI). She studied pre-med and holds a BS in Computer Science and an MBA.

Cathryn's services include corporate leadership engagements, executive and leadership coaching, career coaching, and facilitating global leadership groups. She also gives seminars on confidence, change, leadership skills, women's empowerment and other topics to clients like Infosys, Anheuser-Busch InBev and SPi Global.

"I love what I do and my clients feel this. The most important ingredient in any successful coaching engagement is a trusting relationship where my client feels safe sharing their challenges. My clients tell me that they feel more confident, less anxious and happier in their lives and careers after working with me."

- Cathryn

What My Clients Say

"It was such a great experience working with Cathryn in a coaching group focused on career and self-development. The way she guided the group and managed the process created a safe and energizing environment in which everyone was able to thrive. By conducting a 360° review, encouraging self-reflection and asking thoughtful questions, she helped each member overcome limiting behaviors, focus on strengths, clarify goals, build confidence and grow. - Danilo M., Brazil

"I have always believed in the power of having a coach - someone who sees you for where you are, who you are, shows you what your blockers are and helps you move ahead. And the process is fair, transparent and unbiased. I have experienced all of these with Cathryn and more. She knits your experiences together and makes you feel abundant with what you have. Working with her has helped me move further ahead with confidence." - Premma C., US