



Tiffany F. Southerland

Executive Coach

Tiffany F. Southerland is a lawyer by training and change agent at heart. She has worked as an attorney, higher education professional and recruitment manager with diversity and inclusion experience. Her perspective as a coach, coupled with her professional experience, gives her a unique perspective on helping clients navigate critical decision points in their career.

Region

United States

Area of expertise

Developing Leaders

Women in the Workplace

Coaching Style

Tiffany supports her clients by helping them identify their transferable strengths, understand their personal and professional motivations, articulate their goals, and develop actionable strategies so they can leverage their experiences for the opportunities they desire. Her emphasis on intersectionality and story empowers clients increase their self-awareness and recognize the value they add their career beyond their credentials. This builds helps build a lasting confidence that helps her clients show up more fulfilled in their careers.

Special Interests

Tiffany is interested in understanding the intersection of personal experience and professional ambitions. She challenges her clients to look beyond the surface of their experiences to articulate the lessons and strengths that they use to support their advancement.

Training & Qualifications

Tiffany received her Bachelor of Science from Cornell University, a Master of Social Work from the University of Pennsylvania School of Social Policy and Practice, and a law degree from the University of Pennsylvania Law School. She completed her coach training with the Coaching & Positive Psychology Institute. Tiffany is the co-host of a radio show focused on career development and diversity and inclusion. She has been a featured TEDx speaker and has served as a panellist, moderator, keynote presenter and facilitator for various groups and organizations on professional development, career transitions, overcoming trauma, and balancing personal values and career goals.

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