



Sascha Proudlove

Executive Coach

A former financial services professional, Sascha helps her clients create meaningful change in their lives, careers, and organizations. With over 16 years of experience as an executive, she understands the extraordinary challenge of navigating a successful career in today's increasingly "VUCA" (volatile, uncertain, complex and ambiguous) global climate. Coaching can have its most powerful transformational effects during times of change and transition. Sascha helps her clients make an invaluable investment in themselves by taking time to do their best thinking. Like the clients she works with, Sascha is committed to continuous learning and a willingness to experiment with pushing yourself to the edge of your capabilities. Her approach is to celebrate success and to "fail well," or learn from intelligent failure. Sascha knows that self-awareness is essential for peak performance and she helps her clients leverage their inherent talents to enhance their true sense of potential. The result is an increased sense of motivation and focus on doing work that matters. Clients say that I provide a safe, yet challenging space for them to invest time in their most effective thinking around envisioning a bolder future, developing clarity about their strengths, communicating their value, and identifying and mitigating derailing behaviours that may hold them back.

Region

United States

Area of expertise

Developing Leaders

Women in the Workplace

Working Parents

Background

Sascha began her career in New York at Marsh Inc., providing insurance advisory solutions in the Private Equity and M&A Services Group. After completing her MBA at Columbia Business School in 2003, Sascha moved to London and worked at The Blackstone Group until 2011. As a Vice President of Blackstone's Hedge Fund Solutions Group, she managed institutional relationships and worked on over \$4B of business development initiatives. She also worked on Blackstone's European Marketing Team to raise capital for their sixth flagship private equity fund, BCP VI. Sascha graduated from the Meyler Campbell Business Coach Programme in 2011 and shortly thereafter returned to the greater New York City area where she began her professional executive coaching practice.

Coaching Style

A customized approach is taken with each engagement to address both individual and organizational context. Sascha builds deep partnerships with her clients founded on confidentiality, integrity, and empathy. Sascha's coaching style is based on a non-directive approach, meaning that she helps clients draw out their own wisdom and create goals aligned with their own intrinsic values, skills, and interests. She enhances this foundation with a thoughtfully curated toolkit comprising assessments, 360 feedback, elements of psychology, neuroscience, the latest thinking in business leadership, organizational change, and managing people.

Special Interests

- Transitioning to new leadership roles, including shifting from operational to managerial responsibilities
 - Onboarding into new organizations
 - Transitioning to parenthood
 - Navigating new career directions
 - Leading high-performing teams
 - Developing executive presence
 - Identifying and building more productive relationships with key stakeholders
 - Administering leadership assessments, including 360 interviews
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Training & Qualifications

Sascha holds an MBA from Columbia Business School and a BA from Dartmouth College. She is a graduate of the Meyler Campbell Business Coach Programme. She is certified in the use of psychometric assessments including Hogan Inventories™, DISC®, and MBTI. She frequently uses 360 Interviews in her coaching engagements.

Current Clients

Sascha has worked with clients in a variety of industries including financial services (Alliance Bernstein, BlackRock, FINRA, Gottex, JP Morgan, HSBC, Morgan Stanley), professional services (Booz Allen, Paul Hastings, Willis Towers Watson, Winston & Strawn), pharmaceutical (Novartis), hospitality (Wyndham Hotel Group), military (U.S. Air Force), non-profit (League of Women Voters), and consumer goods (Reckitt Benckiser).

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