

Kimberley Cochrane – Senior Facilitator, Executive Coach & Consultant

Location: Toronto

BIOGRAPHY

With almost 20 years of corporate experience, Kim has worked in several different sectors including: financial services, consulting, not-for-profit, public relations and technology. Since 2001, she has been working the capacity of Organizational Development, Training & Development, Change Management Consultant and Leadership Coach.

Her expertise includes the following accountabilities: needs assessment/gap analysis, change management consulting (during corporate culture shifts, strategic transformations, and the implementation of new technologies), strategic planning, development of leadership/manager skills training programs and ongoing coaching, and the development of company wide tools and techniques to improve company wide performance.

When working on needs assessments, strategic planning and training programs, she uses the tools she learned from the Adult Education program at the Ontario Institute for Studies in Education. When designing and implementing a wide variety of programs and solutions, I use various downloadable, change management tools to help me facilitate change projects, implement performance improvement programs and help teams work more effectively together.

She has completed her certification as an Executive Coach at Royal Roads University and is now pursuing a Master of Arts in Leadership Studies there as well.

She is a certified personal trainer, spinning/yoga/pilates instructor, stress management coach and life skills instructor and has implemented wellness programs at various organizations. I've also had the opportunity to work as an instructor and trainer at Seneca College and have shared my corporate experience with many business students.

Her strengths include a positive, healthy attitude and infectious enthusiasm, and she is passionate about helping individuals and organizations facilitate changes. She believes in a holistic approach to change and personal development and she uses a systemic approach for both individuals and groups.

Areas of Facilitation Expertise

- Leadership Development/Manager Training
- Strategic Planning
- Communication Skills
- Team Development
- Performance Management
- Giving and Receiving Feedback
- Difficult Conversations
- Behavioural Interviewing
- Customer Service
- Corporate Wellness

Contact us today to meet Kim or any of our other senior facilitators.