

Lain Kahlstrom

PHILOSOPHY STATEMENT

Organizational effectiveness starts with strong leaders. Strong and effective leaders, however, do not simply occupy a role, they manifest and embody a set of behaviors that can be learned and developed.

The benefits from learning these skills are not limited to those trying to climb the ladder, or those at a certain level within an organization. In fact, it is possible to “lead from any chair”, and it turns out, the same skills needed to effectively exert influence and increase personal productivity in the workplace can be used by individuals in all aspects of their lives to affect positive change.



MY APPROACH

Each individual and situation is unique, requiring a specific, custom-designed coaching program. I take a holistic approach, attempting to first understand the specific goals and intentions of my clients, before designing a program to effectively address the needs. By listening with empathy and compassion, and understanding the organizational dynamics in which they operate, I'm able to guide my clients through challenging conversations and decisions, offering direct feedback, self-observation exercises, selected readings, and other practices. The coaching process I have developed can be used as a catalyst, allowing my clients to achieve their goals.

AREAS OF EXPERTISE/RESULTS

- Executive Leadership Coaching
- Coaching for Improved Communication Skills
- Meeting and Retreat Facilitation
- Leadership and Influence Skill Development
- Training
- Organizational Change

EXPERIENCE / SELECTED PROJECTS

- Experienced executive leadership coach and consultant with more than 16 years of University of Washington and higher education experience
- Excellent Facilitator, Trainer and Presenter for the past 8 years
- Facilitated Leadership Development workshops, complemented with individual coaching

CREDENTIALS

- Integral Assessment Certification, Leadership Institute of Seattle
- Professional Coaching Certification, New Ventures West
- Executive Coaching with Backbone and Heart series, Leadership Institute of Seattle
- Bachelor's degree in Economics, University of Cincinnati

SELECTED CLIENTS

- University of Washington
- Precor, Inc.
- YWCA of King County
- Premera
- Banner Health Systems
- United Way of Mason County

Contact the Alliance at 206-616-8461 OR alliance@u.washington.edu.