

Helene Cho – Synergy Consulting

PHILOSOPHY STATEMENT

Our mission at Synergy Consulting is to assist individuals and organizations maximize their performance and success.

Our core values are respect, commitment, results, collaboration, and joyful work.

AREAS OF EXPERTISE/RESULTS

- Leadership Skills
- Navigating Through Constant Change
- Conflict Resolution
- Train-the-Trainer
- Cultivating Life-Work Balance
- Team Building and Retreats
- Coaching
- Career Management
- Presentation Skills
- Being Fully Engaged at Work
- Stress Management
- Myers Briggs Temperament Indicator



EXPERIENCE / SELECTED PROJECTS

- Facilitated a three hour Leadership workshop for 250 leaders for Sea Mar Community Health Center
- Provided Customer Satisfaction training to Woodland Park Zoo 2012 – 2015
- Facilitated a Team Diversity Workshop at 3si
- Developed and implemented a brand new leadership program at Quorum Review
- Keynote speech for Americorp for 350 members
- Coached over 500 managers in different industries and academia
- Provided group coaching for a year for Horizon House.
- Utilizes a deep understanding of adult learning, best practice training, and executive coaching methods to engage various learning styles and cultural backgrounds.
- Authored a book on personal and professional effectiveness: Hamster on the Wheel; Cultivating Life-Work Balance, published in 2010

CREDENTIALS

- Bachelor of Arts, Rutgers University
- Professional Coach Certification
- MBTI Certified Facilitator
- NetSpeed Leadership Certified Facilitator (25 models of leadership skills)
- Twenty-plus years' experience as an internal and external consultant, facilitator, and coach, including manager of the training department for a Fortune 500 company
- Thirteen years' experience in various leadership roles including VP/Regional Manager overseeing over 200 employees

SELECTED CLIENTS

- University of Washington
- University of Puget Sound
- State of Washington
- Nordstrom
- Sea Mar Community Health Center
- Swedish Hospital
- Children's Hospital
- Edmonds Community College
- Cascadia Community College
- Quorum Review IRB

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