



# Teresa Sottana

ACC, B. Comm

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## Biography

Teresa is passionate about collaborating with both individuals and teams to realize their professional and personal goals. Building on 17 years of experience in the consumer-packaged goods companies (Hershey, Colgate-Palmolive, Nestle, etc.) in various leadership roles, she works with business leaders and teams to strengthen leadership capabilities, enhance performance and effectiveness to build sustainable and rewarding impacts. In her coaching practice, she works as a collaborative partner to uncover opportunities that will drive forward both personal and professional goals and objectives, as well as overcoming any obstacles getting in the way. Having lived and worked across North America, Europe and Asia, Teresa has enhanced her approach to address cultural diversity and sensitivity.

As an Executive Coach Teresa helps deliver the following outcomes:

- Increased self-awareness & self-regulation
- Greater empathy and emotional intelligence
- Flexible thinking replacing rigid thinking
- Higher levels of motivation and increased agility in a changing environment
- More effective leadership and management skills
- Development of core competencies and skills

- Ability to deal with conflict and difficult conversations
- Enhanced adaptability to a new company and country culture
- Up-level communication skills and harness the power of emotional & adaptive intelligence
- Creating and fulfilling your work legacy and how you want to be remembered

Teresa is a Certified Executive Coach through the International Coach Federation and holds her Bachelor of Commerce degree from the University of Toronto. Her extensive training as a coach includes working with and completing programs and certifications at Team Coaching International, The Leadership Circle Profile (360-degree feedback) & Culture Survey, DISC® Profile assessments, EQ-i2.0 (Emotional Intelligence), CoreStrengths® SD2.0 and Strengths Finder 2.0, which allows for more transformative conversations that help leaders achieve superior results.

## CERTIFICATIONS

<b>Everything DiSC®</b>	<b>Leadership Circle Profile™ 360 Assessment</b>	<b>Collective Leadership Assessment™</b>	<b>Gallup Certified CliftonStrengths Coach</b>
<b>Team Performance Coach</b>	<b>7 Habits of Highly Effective People</b>	<b>EQ-i 2.0 Certified Practitioner</b>	<b>Eq-i 360 Certified Practitioner</b>
<b>Korn Ferry's 360</b>	<b>Positive Intelligence (PQ)</b>	<b>Strengths Finder 2.0</b>	<b>Value in Action (VIA) Character Strengths Survey</b>