

# **Cathleen Swody**

**Principal and Director of Assessment at Foster Talent Consulting**

Glastonbury, CT, US

Organizational Psychologist, Leadership Advisor, Executive Coach, Author and Speaker

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## **Biography**

Dr. Cathleen Swody is an experienced industrial/organizational psychologist whose driving force is applying research insights to help people and organizations reach their goals. Cathleen has analyzed thousands of assessments and surveys and uses this expertise to help leaders reality check assumptions and identify opportunities. In addition to her survey consultation work, Cathleen provides executive coaching, workshops, and leadership development programs for clients across industries. Her insights have appeared in the Wall Street Journal, Fortune, Fast Company, and other media. Before establishing Foster Talent Consulting and Thrive Leadership, Cathleen worked with Leadership Research Institute and SBC Communications (now AT&T). She earned her Ph.D. and Master's in Industrial/Organizational Psychology from the University of Connecticut and her Bachelor's degree from the University of Delaware. To share her passion for professional growth and development, Cathleen has served on the University of Connecticut faculty, where she taught leadership to MBA students.

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## **Availability**

Keynote, Moderator, Panelist, Workshop, Corporate Training

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## **Areas of Expertise**

Emotional Intelligence, Leadership, Employee Engagement, Stress Management

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## **Education**

**University of Connecticut**

Ph.D. Industrial/Organizational Psychology

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