



Kate Snowise

Executive Coach

Thrive.How

Kate Snowise is an Executive Coach and founder of boutique consultancy, Thrive.How. She customizes her coaching to focus on her clients priorities. Sessions often include a focus on strategic leadership, executive presence, team dynamics and functioning, and personal and life fulfillment. With a background as an Organizational Psychologist, she draws on her knowledge to help clients deepen their self-awareness and create meaningful change. Kate's thoughts have been featured on HuffPost, Thrive Global, Forbes and FastCompany.

CONTACT

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St Paul, Minnesota.

Coaches virtually worldwide.

Education

- MS Psychology (Honors)
- Post Graduate Diploma in Industrial/Organizational Psychology (Distinction)
- Post Graduate Diploma in Business & Administration - Management
- BS Psychology
- BA Mass Communications

Certifications & Memberships

- Member of International Coaching Federation (ICF)
- Member of Forbes Coaches Council
- Authentic Leadership Coach (CALC)
- Genos Emotional Intelligence Coach
- Advanced Psychometric Training (Levels A&B)

Areas of Expertise

- Authentic Leadership
- Strengths-Based Leadership
- Emotional Intelligence
- Strategic Leadership & Planning
- Burnout, Well-Being & Stress Management
- Executive Presence
- Team Dynamics
- Motivation & Engagement
- Appropriate Use of Influence
- Communication
- Self-Leadership
- Career Planning
- Personal Values Identification
- Advanced Personality Assessment
- 360-Degree Feedback (Design & Delivery)