



## CMCLEADERSHIP | Services

### Developing strong leaders using evidence-based practice.

Our mission is to help you achieve individual and organizational success through the development of high performing leaders. Our services include leadership training, strategic planning, change management, and executive coaching – all designed to support exemplary leadership practices and positive results.

#### Leadership Skills

To achieve strong leaders, we provide assessment, training and certification. Our wide range of evidence-based workshops are all custom-designed to develop leadership self-awareness and effectiveness. Some of our popular workshop topics include: Leadership Resiliency, Creating Dynamic Teams, Women in Leadership, Impactful Communications, and Strategic Management.

#### Leadership Resiliency

Well-developed emotional intelligence has a significant impact on leadership resiliency, resulting in positive workplace relationships and culture. This workshop can include an in-depth assessment of your emotional intelligence, a personalized Emotional Quotient Inventory (EQ-I 2.0 or EQ-360) reports and recommended strategies for growth and development.

#### Executive Coaching

This is one-on-one custom training for current or aspiring leaders. The program helps to deepen knowledge, improve performance and identify goals to strengthen leadership skills. Leaders gain benefits to support their leadership roles in organizations or in their personal lives.

**“The single biggest way to impact an organization is to focus on leadership development. There is almost no limit to the potential of an organization that recruits good people, raises them up as leaders and continually develops them.”**

- John Maxwell, best-selling author and speaker

**Catherine McCullough**, President and CEO of CMC Leadership, is an internationally recognized educator, presenter, speaker, and facilitator. She is an expert in conducting leadership workshops for a wide range of organizations in both the business and public sectors. In addition to her Leadership Development expertise, Catherine specializes in Organizational Relationships, Strategic Planning and Change Management. She is also a certified Executive Leadership coach.

Catherine has an extensive background of senior leadership roles in public education – including Director of Education for a Canadian school board in Ontario – as well as serving as Board of Directors Chair for non-profit organizations. In addition to her Master of Education degree from Brock University, she has post-graduate certificates in Strategic Leadership from the Rotman School of Business and Executive Coaching from Fielding University.

Both her proven experience and her unparalleled expertise have allowed Catherine to successfully lead individuals and teams in the pursuit of increased self-awareness and organizational effectiveness.

