



Executive Coach

Sara Shondrick, Ph.D., ACC

Philadelphia, Pennsylvania

Dr. Sara Shondrick is a leadership coach and consultant with 15+ years of experience partnering with executives from startups to the Fortune 100. She founded a coaching practice to help leaders get unstuck and lead with greater courage, clarity, confidence, and well-being.

As an organizational psychologist, she helps leaders separate the science from the fads to cultivate an authentic leadership style, accelerate behavioral change, increase resilience, and ultimately achieve better results. As a coach, she supports her clients in challenging their default stories, broadening their perspectives, and creating the changes they desire using an analytical, compassionate, and whole-person approach. She integrates perspectives from positive psychology, neuroscience, organizational psychology, & philosophy to help people lead.

Sara is a published author with peer-reviewed research in top academic journals focused on leadership potential, emergence, and effectiveness. She uses scientifically validated assessment methodologies to expand her clients' self-awareness.

Education & Certifications

- BA - Psychology, University of Akron
- MA - I/O Psychology, University of Akron
- PhD - I/O Psychology, University of Akron
- Executive Certificate in Leadership Coaching, Georgetown University
- Certified in formal assessment tools including Hogan Assessment Systems, HBDI, and EQi 2.0

What clients say about Sara

"Choosing Sara as your coach means embarking on a journey of growth, support, and practical wisdom. Her balanced approach ensures that you are not only guided by empathy and care but also equipped with the strength and knowledge to achieve your goals. I highly recommend her to anyone looking to make meaningful progress in their personal or professional life."

"Sara ensures that each session is grounded in actionable steps that lead to tangible results. Her advice is always rooted in good judgment, balancing idealism with realism, and offering solutions that are both effective and achievable. She knows when to be firm and assertive, pushing you to reach your full potential and overcome obstacles with resilience and determination. With extensive expertise across various domains, she brings a rich repository of insights and information that can guide you through any challenge."

Highlights

Specializes in leaders in transition

Associate Certified Coach (ACC) with the International Coaching Federation

15+ years of partnering with senior leaders in startups and the Fortune 100 alike

Deep experience within the life sciences

Published peer-reviewed author within top academic journals including The Leadership Quarterly
