



Teresa Brodin
Goose Creek Consulting

Background

Teresa is a career, leadership and life transitions coach who has also worked as a consultant and who has supported others as a lead in organizations that have gone through a tremendous amount of change. As a former healthcare executive, Teresa brings the perspective of a senior leader to her coaching engagements in terms of both knowing how to develop their careers and knowing how to develop others.

Teresa believes in helping clients learn to help manage their lives and create success in both professional and personal environments through thoughtful partnership with her clients as they drive toward their goals. Teresa's specialties include helping people become more assertive, improve their social relationships and finding fulfillment in what they do.

Teresa has more than 25 years of experience with leadership development, training, coaching and organizational development. She has coached at dozens of federal organizations at all levels. Teresa has also consulted with a wide variety of organizations on the impact of external and internal change on leaders.

Teresa served as the director for corporate education and leadership, the director of organizational development and training and as a training and organizational development specialist for several healthcare systems. In her roles in healthcare, Teresa was responsible for dozens of corporate trainers and coached senior executives, including chief medical officers, hospital directors, senior business executives and senior medical unit executives. She brings the perspective of a senior executive to her coaching engagements, being able to see development from the perspective of an expert and an executive.

Teresa is a sought after corporate trainer and leadership facilitator. In this role she has supported a number of organizations, including a significant amount of work focused on mediation and conflict resolution at the National Aeronautics and Space Administration.

In addition to her leadership development and training work, Teresa provides career and life coaching to consumer clients as a part of their commitment to the wellbeing of others. Teresa has been a certified mediator and is a former member of the board of directors of the Prince William County, Virginia Schools Education Foundation and has volunteered with the Career Advisory Network at The Women's Center in Vienna, Virginia.

Professional Experience

Coach, Goose Creek Consulting
President, Brodin Coaching and Consulting
Vice President for Corporate Education, Novant Health
Director for Organizational Development, Prince William Hospital
Training and Organizational Development Specialist, INOVA Health

Education

B.A., Sociology, George Mason University
M.A., Counseling, George Mason University

Career Development

Leadership Development

Life Transitions

Anxiety Disorders

