



# Cathy Posner

## Career and Leadership Coach

### EXPERTISE

Leadership  
Communication  
Executive Presence  
Career Mapping/ Goal Setting  
Emotional Intelligence  
Supervision

### EDUCATION

Bachelor of Arts  
The College of Wooster  
Master of Arts  
Case Western Reserve University  
Coursework in Emotional Intelligence

Coach, speaker, trainer and author, Cathy Posner is the founder and principal of Transition Consulting and Coaching. After many years of working in HR, program development, and leadership for other organizations, Cathy decided to give consulting her full attention.

In 2007, she launched Transition Consulting and Coaching. Cathy provides career coaching, team and business coaching, HR support, nonprofit consulting services and workshops to individuals and organizations looking to grow or improve their processes.

Cathy is active in her community, serving on the board of Feeding Medina County and as past President of Medina County Women's Endowment Fund. She is a member of the Women's Network Northeast Ohio, the Greater Medina Chamber of Commerce, the Greater Akron Chamber of Commerce, the Medina chapter of the American Association of University Women (AAUW), FemCity Akron and 100+ Women Who Care. In 2014, Cathy was honored as a Women of Professional Excellence through Women's Network of Northeast Ohio and was honored as a Medina 2018 Women of Our Community award recipient and Athena Award nominee.

Cathy especially enjoys helping individuals and organizations connect with the things they are good at and supporting each to develop those gifts.



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