



## Executive Coach

# Trish Anastos, PCC

Los Angeles, California

Trish's extensive management experience spans over twenty-five years, encompassing senior executive, C-suite, and operating roles. This wealth of expertise provides valuable perspective and insight, enabling her to assist clients in effectively navigating uncommon leadership challenges. She is renowned for her effectiveness in partnering with leaders to cultivate executive presence, sharpen communication strategies for increased impact, forge stronger relationships with key stakeholders, and develop and grow their teams.

## Highlights

Twenty-five years of developing client relationships, building teams, and driving revenue for Fortune 1000 companies

Grew a three-person field operation into a full-service integrated marketing agency with 300 people and P+L responsibility

Executive coach for fourteen years focused on the C-suite, leadership teams, and functional and high potential leaders

Deep experience across a range of industries including professional services, healthcare, technology, and energy

Enjoys outdoor adventures – hiking and biking in US National Parks, trekking in Tibet, and paddling in New Zealand

In over fourteen years as an executive coach, Trish has developed a comprehensive process that includes an exploration of the client's leadership journey, core values, challenges, and accomplishments. She specializes in addressing the ambiguities involved in ascending to higher levels of leadership, where the fostering of collaborative environments necessitates new approaches to self-awareness, active listening, emotional intelligence, and communication. Together, Trish and her clients create development plans that are behavior-based, competency-focused, and measurable.

Trish excels in a range of core competencies, including executive coaching, leadership team development, succession planning, purpose workshops, and group facilitation. Her refreshing style is characterized by the ability to establish rapport and build trust, allowing for important and candid conversations.

## Education & Certifications

- B.S. in Finance from Wharton School, University of Pennsylvania
- M.B.A. in Marketing from Kellogg Graduate School of Management, Northwestern University
- Other Credentials: Hogan Leadership Series, MBTI, Systemic Team Coaching, EQ in Action Profile

## What clients say about Trish

*"When I joined a new company with a culture that differed from my previous experience, I had difficulty getting buy-in on my ideas with the executive leadership team. I did not understand their definition of collaborating or style of decision-making. Trish helped me to adjust my approach to be more effective and I was able to gain agreement on major initiatives including a new B2B website. I adapted my style to share my ideas earlier in the process and spend time individually with each member of the team. My agility helped me to be more successful engaging and aligning with the leadership team." Global CMO, Technology*