



Executive Coach

Amy L. Sareeram

Washington DC Metropolitan Area

Amy brings seasoned experience to executives who are navigating the pressure and complexity of enterprise leadership. Whether it's stepping into a new role, leading enterprise initiatives, or managing high-stakes change, she understands the demands, pressure, and pace of senior leadership because she's lived them.

What sets Amy apart is her depth of senior executive experience. She spent over two decades in executive roles —leading large, diverse teams, navigating organizational politics, and briefing senior stakeholders. As a Deputy Assistant Director at the FBI and later as a Managing Director in a private sector firm, she led large-scale transformation, breaking down silos to enable collaboration, and maximized resources to deliver results. She energized teams, drove strategic change, and led enterprise-wide initiatives under public scrutiny.

Amy brings that executive insight to her coaching. Her clients value her not only for her coaching skill, but for her ability to quickly grasp their reality and help them lead with more clarity, composure, and influence. She has worked with clients across the globe, adapting to their unique needs.

As a seasoned coach with over 1,000 hours, she helps executives turn insight into action. She focuses on:

- Leading through ambiguity, resistance, and organizational complexity
- Navigating enterprise transitions and evolving roles
- Increasing executive presence and leveraging emotional intelligence
- Creating enterprise, cross-functional collaboration

Education & Certifications

- Bradley University, BA, International Studies and French
- George Washington University, MA, International Affairs
- Executive Education Certificate, Harvard Business School
- Emotional Intelligence Assessment (EQi 2.0 and EQi 2.0 360), Leadership Circle Profile 360; DiSC

What clients say about Amy

"Working with Amy has been great for my professional growth. Without fail, every session leaves me with illuminating and innovative lessons that immediately enhance my abilities as a manager and leader. Amy's insights are invaluable—she cultivates the principles of empathetic and intelligent leadership through direct feedback and real examples." - Senior Vice President

Highlights

Executive level leadership experience as Managing Director with cyber security firm and Deputy Assistant Director with the US Government

Led transformational change to improve enterprise effectiveness, enable collaboration, and reach performance goals

Employs leadership assessments to improve communication and emotional intelligence skills

Leadership coach with global clients ranging from senior executive to first-time leaders

Professional Coaching Certification (PCC) with the International Coaching Federation