

Kathy Eckles & Co., LLC

Organizational Consultant – Executive Coach – Therapist Educator – Inspirational Speaker – Author



Kathy Eckles, M.A.

Integrating business, psychology, and spirituality, Kathy assists people in having transformative conversations that forward individual and organizational growth. She teaches and facilitates groups and individuals in integrating human understanding and energy, communication, and coaching skills with concrete business skills.

A former Div. Vice President, in retail merchandising for 24 years with top quartile sales and profits, Kathy combines well-honed business skills with coaching clarity, psychological understanding, and natural wisdom. In private practice since 1999, Kathy has worked with hundreds of private individuals, facilitated board and committee meetings for non-profit organizations, taught public workshops, and facilitated trainings and retreats for therapeutic professionals in the U.S., U.K., Ireland, and Sweden.

Books Authored

A Best Book of the Year Award finalist for her first book, *Yes! to the Journey of a Lifetime*, Kathy is the co-author of the forthcoming book, *Developing Integrity-based Organizations: The Leader's Guide*. This is the field-guide to co-author Dr. Edward Morler's multiple award-winning book, *The Leadership Integrity Challenge: How to Assess and Facilitate Emotional Maturity*. Kathy also co-authored the advanced therapeutic training manual for Guided Self Healing with founder and clinical psychologist Andrew Hahn, Psy.D.

Education

Trained as a psychotherapist, executive coach, and energy healer, Kathy earned her Masters in Counseling Psychology, magna cum laude, from Pacifica Graduate Institute in 1999, and her Bachelors in Clothing and Textiles from Bowling Green University in 1975. In addition to pastoral counseling internships for private therapeutic and hospice clients, Kathy studied executive coaching with Robert Hargrove of Masterful Coaching, and energy healing, psycho-spiritual transformation and group facilitation with multiple teachers over 25 years.

Testimonials

"Kathy Eckles is one of the most skilful facilitators I have ever met. She combines sensitivity and a great psychotherapeutic knowing with clarity and a huge love for mankind. As a teacher she is inexhaustible. She makes me dare to do new things! And she makes space in a group where there is a place for everyone." – Janna Stromberg, Clinical Psychologist – Stockholm, Sweden

"Your presentation materials were exceptional – complete with a thorough outline and understandable notes for future reference. Your timing and teaching pace was respectful of the group's learning curve – a group that was quite frankly riveted by your extraordinary command of both the material and the techniques. In short, you lived up to your promotional materials and your energy and enthusiasm were delightful and contagious!" – Merci Miglino, President – International Coaching Federation – Albany, NY

"The Enneagram workshop was very powerful with meaningful take-aways. Kathy Eckles is extremely professional and insightful yet fun, and very down to earth. I loved our time together." – Beth Hallisy, Partner – Advertising, Marcus Thomas LLC – Cleveland, OH

"Kathy, the week with you was one of constant invitation into the Divine in all its forms. Your steady, loving attention and inspired guidance and support allowed me, and I think all of us, to risk facing the difficult and sometimes darker sides of myself and to hold a steady course within deep truths. You modeled a consultative leadership which gave each of us a voice and a place, very important. Your joy in everyday things was contagious and you invited us into noticing, giving meaning to each and every moment (no small thing). – Sue Guttentstein, Ph.D., Psychotherapist – Toronto, Canada
