

# EQ Coaching Solutions, LLC

## Lisa Kappesser

### Coaching and Consulting Experience

Lisa Kappesser has coached executives and managers from varied functional areas and industries in the areas of career development, career transition, leadership development and emotional intelligence. She has worked with professionals and executives during management transitions and organizational restructuring from companies such as Proctor and Gamble, Fifth Third Bank Corp., Coca Cola Enterprises, Kroger Company, Macy's and The University of Cincinnati, amongst others. She provided career transition services as an adjunct consultant for Right Management, and served as a consultant to the Cincinnati Public and Norwood City School Districts.

Lisa has over 25 years experience in helping individuals achieve their personal and professional goals, spanning industries: non profit, healthcare, education and business. She engages individuals from diverse backgrounds and has a talent for developing strong working partnerships. She affects organizational success by working with individuals and teams to identify and utilize their talents and resources to achieve organizational goals.

She is qualified in the use of various assessments such as the Myers Briggs Type Indicator, the Strong Interest Inventory, Hogan and 360° assessments, and utilizes them to increase client self-awareness in the coaching process.

### Business/Organizational Development Experience

Lisa has developed an expertise in emotional intelligence that spans 8 years. She is President of EQ Coaching Solutions, whose mission is to educate individuals on the importance of emotional intelligence in career success as it relates to being a star performer and a good leader. She is the author of the new book: [The Smart New Way to Get Hired: Use Your Emotional Intelligence to Land the Right Job](#), and has been quoted in several articles including Forbes and Monster.com. She is a sought out speaker.

Lisa is knowledgeable on current emotional intelligence resources and tools and is trained and certified on the EQ-i (BarOn's emotional intelligence assessment). She has created and facilitated numerous emotional intelligence programs: for businesses such as Right Management and MSA; for community and non profit organizations such as the Cincinnati ICF chapter and local job search groups; and educational institutions including Miami University and Xavier University. A forte of Lisa's is helping individuals from technical and scientific backgrounds make successful transitions into management and grooming emerging leaders.

Her years of group facilitation and focus on customer service and results has enabled her to innovate and implement programs that engage her audience, bring about experiential learning, and empower individuals to create changes to impact their organization and drive business results.

### Education and Training

Lisa is a certified career and executive coach through The College of Executive Coaching. She has a M.A. from The University of Notre Dame and a B.A. from Miami University of Ohio. She is a member of The International Coach Federation.

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