



Unique Pathways Coaching & Consulting Services

## Dr. Judith C. Holder, PhD, PCC, BCC



Dr. Judith Holder’s over three-decades of experiences in the human service, healthcare, corporate, and nonprofit sectors as a consultant, leadership development, communication, performance and life coach, workshop facilitator, administrator, and psychologist has positioned her well to empower individuals, teams and organizations. She has a diverse background in leadership development, performance management, communication dynamics, and the competing stressors confronting healthcare, corporate, nonprofit, cultures and workforces. Judith’s passion is to empower healthcare and corporate leaders, teams, and organizations to maximize their potential. She uses her rich background of clinical and social skills to collaborate with leaders and managers in the refinement of the people skills needed to lead effectively and to understand the psychosocial factors impacting employee sub-optimal performance and well-being. Dr. Holder truly believes that if new and seasoned leaders are aware of their impact on others, and strive to improve their strategic, interpersonal and execution skills, the results are positive gains for the organization and the people they lead. Judith has specialized training in personal, professional, executive, leadership, communication, healthcare, business and brain-based coaching and consultation. Dr. Holder partners with executives and healthcare leaders, mid-level managers, employees from diverse backgrounds and organizations to provide coaching, consultations, workshops and trainings.

<u>Sample of Coaching and Consultation Focus Areas:</u>		<u>Industry Coaching and Consultation Experiences:</u>
<ul style="list-style-type: none"> <li>▪ Leadership Development</li> <li>▪ Executive Presence / Public Image</li> <li>▪ Self-Awareness and Impact</li> <li>▪ Emotional Intelligence Competencies</li> <li>▪ Interpersonal Effectiveness and Relationship Management</li> <li>▪ Conversational Intelligence</li> <li>▪ Leader and Team Effectiveness</li> </ul>	<ul style="list-style-type: none"> <li>▪ Personal Development</li> <li>▪ Self-Confidence</li> <li>▪ Building a Culture of Trust</li> <li>▪ Stress Resilience</li> <li>▪ Managing Conflicts</li> <li>▪ Influence and Delegation</li> <li>▪ Strategic Prioritization and Decision-Making</li> <li>▪ Life Transitions</li> </ul>	<ul style="list-style-type: none"> <li>▪ Healthcare and Hospitals</li> <li>▪ Academic Research</li> <li>▪ Education</li> <li>▪ Pharmaceutical</li> <li>▪ Municipalities</li> <li>▪ Non-profit</li> <li>▪ Corporate Services</li> <li>▪ Industrial Manufacturing</li> </ul>

Dr. Holder supports new and seasoned leaders and administrators to enhance their professional abilities to exceed performance expectations through: values clarification, attentiveness to organizational cultural factors, and knowledge regarding their interpersonal and communication skills through emotional intelligence awareness, along with balancing all aspects of the professional’s life. Many professionals and executives work in team environments where it is critical for the leader to have an awareness of each member’s talents, styles and barriers to success. It is also imperative in today’s work environments to have strategic alliances that support the business goals. Judith focuses her coaching and consulting in the arenas most helpful to the leader, which may involve building leader strengths, supporting leaders’ in developing their direct reports, creating strategic alliances and honing interpersonal skills. Dr. Holder enjoys humor and exhibits a holistic, straightforward approach to her coaching and consulting engagements.



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## ***Dr. Judith C. Holder, PhD, PCC, BCC***

### ***Education & Certifications:***

- **PhD:** Counseling Psychology, Southern Illinois University-Carbondale (emphasis in Stress Management).
- **MS:** Marriage & Family Therapy / Systems-Prevention Community Development, University of Maryland – College Park.
- **Clinical Internship:** Robert C. Byrd Health Sciences Center. Charleston, West Virginia.
- **Fellow:** Occupational Health Psychology, Duke University Medical Center. As a former American Psychological Association and National Institute of Occupational Safety and Health fellow, Dr. Holder is one of the few psychologists' clinically trained as an *Occupational Health Psychologist* in the United States.
  
- **Founder and Executive Director:** Unique Pathways Coaching and Consulting Services: Inspiring You to Be Your Best. Durham, NC.
- **Former Program Director and Assistant Professor:** The Duke Occupational Mental Health Programs, comprising The Duke Professional & Personal Development Program, the Duke Employee Assistance Program and the Duke Leadership And Enhancement (LEAD) Services. Former Assistant Professor in the Departments of Psychiatry/Behavioral Health in Duke University School of Medicine. Durham NC.
- **Associate Director,** Duke School of Medicine, Master of Biomedical Science Program. Durham NC.
- **Adjunct Professor,** University of North Carolina, School of Public Health Nursing Program.
  
- **Credentialed** as a Board Certified Coach (BCC), Center for Credentialing & Education.
- **Credentialed** as a Professional Certified Coach (PCC), International Coach Federation.
- **Certified** Physician Development Coach, Physician Coaching Institute™.
- **Certified** Conversational Intelligence™ Coach, Founder Judith E. Glaser.
- **Certified** 360 Multi-Rater Assessor, PeopleMap™ Systems.
- **Certified** 360 Assessor, Center for Creative Leadership (CCL) Assessment Suites™.
- **Certified** Practitioner in 365 Tilt Leadership Predictor™.
- **Certified** MHS Individual and 360 Assessments, Multi-Health Systems online.
- **Certified** Trainer of Mediation & Managing Workplace Conflicts™.
- **Certified** Trainer, People Map™ Systems.
- **Certified** Team Coach, Team Coaching International™ (TCI).

*Dr. Holder is perceptive to her healthcare, corporate, and nonprofit clients' needs and collaborative in working with them to achieve optimal results in their coaching and consulting engagements*