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Catherine knows what makes a leader, a leader. Based on her years of training, research, and consulting, she's determined how a person becomes one: they make the decision to lead.

Catherine is a lecturer at the University of Massachusetts, Lowell, where she teaches courses on leadership. Catherine spent over ten years in marketing/communications leadership roles and now leads learning and development for a software company. Between her academic and professional experience, she has taught thousands of courses on leadership, feedback, and career to global leaders across an array of industries.

Her TEDx Talk, "Want to Become a Better Leader? Here's How. Just Listen," focuses on the importance of listening to leadership. She holds a master of science in leadership and a doctorate of education with a focus on organizational leadership from Northeastern University in Boston, Massachusetts.

Topics:

- Why Leadership is a Decision
- Using the A/P/E Model to Enhance Leadership Decisions
- Gaining Leadership Awareness in Timing, Opportunity, Looks, and Likes
- Leadership Skills & Behaviors That Really Matter:
 - The Forty-Something, White, Male VP
 - Even CEOs Get Diarrhea: Acknowledging the Vulnerability Needed to Lead
- Defining your Leadership Brand and Lifestyle

