

Cindy Cornell Professional Bio

Cindy Cornell, a leadership and executive coach, came to coaching after an accomplished career in business where she was known for being highly motivated with a strong results orientation. In addition to and perhaps more importantly than helping her coaching clients to achieve measurable results, she helps her clients to lead happier lives.



She holds the Associate Certified Coach credential from the International Coach Federation and is certified in both Executive and Life Coaching by Results Coaching Systems and New York University. A lifelong learner herself, Cindy is an adjunct member of the coaching faculty at NYU. She is also an accomplished trainer and professional speaker, creating customized content that leaves audiences in productive action.

Her professional focus before becoming a coach was in corporate finance and accounting, operations, project management and sales. She has worked in start-ups and entrepreneurial ventures, Fortune 50 companies, turnarounds and restructurings. Business has taken her around the world including Asia, Europe and the Caribbean and this cross cultural experience and has afforded her the ability to skillfully consider and respect the validity of different points of view. Cindy finds this skill an asset both when dealing with cross functional teams in business and in coaching relationships.

As both an advisor to business leaders and as a coach, she works with her clients to develop meaningful, measurable, stretch goals that are aligned with individual, corporate and team vision and objectives. Cindy believes strongly that her clients have their own answers and that her role is to facilitate their clear articulation and to help identify the path towards goal attainment. Ongoing coaching conversations and meetings measure progress and help to ensure sustainable change through focus on milestones and desired behaviors. She has worked with executives, individuals and teams and also enjoys mentoring new coaches.

Cindy holds a Bachelors of Science in Accounting from the Pennsylvania State University and a MBA in Finance and Marketing from the Stern School of Business at New York University. She has also studied leadership and positive psychology at the University of Pennsylvania and counseling at Penn State, where she was a resident assistant for 80 women during college.

She balances a full, whole and happy life with her family in Fairfield County, Connecticut.



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