



Carolyn Tilden

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BACKGROUND

Carolyn believes business issues are resolved more effectively when leaders talk about what really matters. She positions leaders and their teams to successfully navigate high stakes situations by shifting their collective performance level from surviving to thriving.

As the Founder of CataQuest Consulting, Carolyn has a proven track record of coaching executives and teams toward inspired and confident leadership. With her guidance, leaders and teams learn new leadership patterns, ensuring their actions align with their desired outcomes and business results.

Carolyn has worked with executives spanning a wide range of industries, including: publishing, insurance, drugstore, advertising, cellular services, wealth management, consumer products, and financial services. Clients have included Allstate, Drafftcb, and US Cellular as well as small business owners.

Carolyn's work is grounded by her first-hand experience leading large-scale corporate initiatives as well as her personal journey to overcome roadblocks of her own making.

Prior to her current career in the professional development industry, Carolyn worked for twenty years in a diverse set of industries including advertising, consulting, consumer products and telecommunications, in both public and privately held companies. She served at the officer level at two \$1 billion plus companies, Leo Burnett and US Cellular. Carolyn understands the challenges her clients face based on her experience as a leader in many different settings.

EDUCATION & CREDENTIALS

Carolyn has a master's degree in marketing and organization behavior from Northwestern University. Additionally, Carolyn is a Hudson Institute Certified Coach and a Strozzi Institute Somatic Coach Certified. She is certified to deliver The Leadership Circle's Leadership Culture Survey and 360 Assessment and is also an Organization and Relationship System Coach Practitioner.