

Lydia Schimmelpfenig **Associate Consultant**



Lydia Schimmelpfenig is a seasoned business executive with over 20 years of experience in developing leaders and strengthening workplace teams to create greater engagement, innovation, and productivity. She has coached executives of all levels – Manager through Senior Vice President – and facilitated scores of executive offsites and strategic planning sessions. As Vice President of a renowned consulting skills training company, she trained thousands of HR, IT, Finance, and Project Management professionals on business partnering and influence skills.

Prior to her independent coaching and consulting work, Lydia managed an Organizational Development and Education department for one of the nation's largest healthcare systems, led change management projects at Fortune 50 companies as a management consultant in New York City, and coordinated international and domestic sales and marketing client teams in the commercial real estate industry.

Current and past clients include Walmart, GM, Google, Sanofi Pharmaceuticals, Disney, Kaiser Permanente, Hewlett Packard, Scripps Health, Johnson & Johnson, Pacific Life, Morgan Stanley, Booz Allen Hamilton, Edison International, and MGM Hotels.

Lydia holds masters degrees in Organizational Psychology and Counseling Psychology from Columbia University, is certified as an Associate Certified Coach with the International Coach Federation, and teaches at Vanguard University's Master of Science in Industrial-Organizational Psychology program. She has served on the executive boards of the local chapters of National Association of Women Business Owners and International Coach Federation. She is a Registered Yoga Teacher and enjoys hiking, camping, and skiing. She resides in Southern California with her husband and three children.