

Cathy Medeiros **Associate Consultant**



As an executive coach, Cathy draws on a 30 year career in global executive human resources management in Fortune 200 companies primarily in the industrial and manufacturing sectors. Cathy's leadership experience honed her ability as an executive coach to help her clients identify actionable solutions to their business and leadership development objectives.

Cathy has worked with C-suite and senior executives, high potential directors and managers building skills in areas such as inclusive leadership, executive presence, team building and influencing. Cathy also has deep experience in coaching through onboarding and leadership transitions.

Previously Cathy was vice president, global inclusion and diversity, for Eaton, a power management company. She was responsible for providing leadership in guiding Eaton's global Inclusion and Diversity strategy to achieve the company's strategic business objectives.

Medeiros joined Eaton in October 2003 as vice president of human resources for Eaton's Aerospace Group and was responsible for all aspects of Human Resources globally.

Prior to joining Eaton, she worked for Parker Hannifin from 1987-2003, most recently as vice president - human resources, Parker Seal Group. She also served in various HR management roles in Parker's Filtration and Fluid Power Groups.

She holds a bachelor's degree in organizational development from the University of San Francisco and a master's of science degree in business and human resources management from Chapman University. Cathy is a certified Executive Coach from the Hudson Institute of Coaching, and a certified health and wellness coach through the Dr. Sears Coaching Institute.