

*Creating Agile Organizations™*

With 15 years of experience working with organizational leaders and teams of diverse backgrounds, **Cara Wilson** is a leadership development coach, consultant, and trainer.

Ms. Wilson works with her clients to address organizational issues including high turnover, role ambiguity, low morale, ineffective behaviors, and conflict. Her clients have included construction workers, engineers, CEOs, line managers, non-profit service providers, medical students, and IT professionals.

Cara was most recently Director of Programs for Teams and Leaders, where she facilitated customized teambuilding programs, delivered content on Leadership Development and Emotional Intelligence in Leadership for the MBA program at Seattle University, and served as an executive coach to organizations experiencing rapid growth.

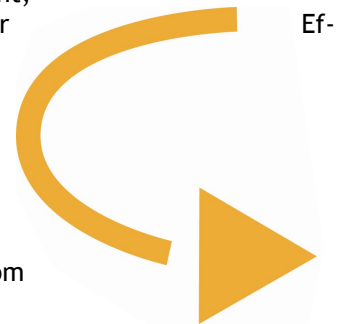
Before working in organizational development, Cara was an Outward Bound instructor, professional ski patroller, social worker, and technical trainer and logistician with the Bill & Melinda Gates Foundation.

Cara's coaching and programming is customized to each client and is presented (whether in corporate boardrooms, on the ski slopes, or in the wilderness) with the aim of increasing the effectiveness of both teams and leaders within organizations.

Cara has designed and implemented curriculum on topics such as Change Management, Emotional Intelligence in the Workplace, Decision-Making that Sticks, Contracting for Effective Client Relationships, and Communication Essentials.

A graduate of the Leadership Institute of Seattle, Cara holds a Masters Degree in Coaching and Consulting in Organizations. She has coached dozens of executives and managers, helping them bridge the gap between expectation and performance for both themselves and their teams.

Cara also has a Bachelor's of Science degree in Outdoor & Experiential Education from Western Washington University.



**Realized Performance LLC**  
*Achieve Anything™*

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