



CASSANDRA M. VAUGHN, MS

Leadership Coach + Executive Assessment

CONTACT



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AREAS OF SPECIALIZATION

Building on Strengths
Overcoming Derailers
Managing Conflict
Coping with Workplace Stress
Supporting Mind-Body Wellness
Employee Engagement
Servant Leadership
Emotional Intelligence
Leveraging Diversity
Habit Change

CERTIFICATIONS/TRAINING

Certified Coach (CCTA)
Myers-Briggs Type Indicator
360 Assessments
Hogan Judgment
Everything DiSC Assessments
Deeper Signals
Maslach Burnout Inventory
Weschler Adult Intelligence
CliftonStrengths (i.e., StrengthsFinder)
Strong Interest Inventory

PROFESSIONAL SUMMARY

Cassandra Vaughn is a Professional Coach specializing in supporting emerging leaders, new and experienced managers, and professional women to balance creativity, strength, decisiveness, and grace under pressure to face stressful workplace, career or leadership challenges.

Cassandra has over 15 years' experience working in academic and healthcare settings where she used evidence based, targeted and practical approaches to behavior change to help individuals create specific and achievable goals and actionable plans, and realize measurable progress. She leverages her training and work experience in behavioral science to develop powerful questions, guiding clients to develop stronger insight, new ways of thinking, and greater self-awareness.

She has extensive experience and is a published author in the field of psychological and workplace assessments, and uses insights gained through assessment to provide a feedback rich coaching experience. She believes that diversity of experience fosters innovation, and enjoys helping organizations improve Diversity, Equity, and Inclusion by developing customized assessments and approaches tailored to unique organizational values and cultures.

Cassandra is passionate about helping individuals make their work lives work based on a whole-person model. She leads with empathy and holds space for clients to interrogate their own experience, explore their motivations, and learn how to "coach" themselves. She works in collaboration with clients to implement coping strategies such as mindfulness and relaxation techniques for dealing with stressful situations. Clients build skills quickly, learning to leverage strengths and manage derailers, engage productively with conflict, carving out time for professional development, and achieve complementary balance in their work and personal lives.