



KATE LICASTRO, PHD

Executive Coach + Team Development

CONTACT



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AREAS OF SPECIALIZATION

Change Management
Leadership Development
Virtual Team Effectiveness
Virtual Management
Psychometric Assessment
Emotional Intelligence
Interpersonal Effectiveness
Work-Life Wellness
Employee Engagement
Workforce Surveys
Workshop Design and Delivery

CERTIFICATIONS/TRAINING

Licensed Psychologist
Hogan Leadership Inventories 360
Emotional intelligence/EQ-I
Everything DISC suite
Prosci Change Management
Prosci train-the-trainer
Strengthsfinder
Five Dysfunctions of a Team
NTL Organizational Diagnosis
Advanced Virtual Facilitator

EDUCATION

MA/PhD Clinical Psychology
Miami University

BS Social Sciences
Michigan State University

PROFESSIONAL SUMMARY

Dr. Kate Licastro is a dynamic, versatile leader, consultant, and coach who brings over 18 years of experience fostering transformation and growth for individuals, teams, and organizations. Kate applies expertise in human behavior, organizational effectiveness, and behavioral science to facilitate the development of strong leaders and healthy organizations.

Kate has provided coaching, consultation and training for teams in government, healthcare, finance, business operations, legal, non-profit, and hospitality. She has also worked extensively in the healthcare sector as a clinician and leader. Kate's professional experience includes expertise in organizational change management, where she has significant applied change management experience for large-scale, complex change projects. She has led and worked remotely for almost a decade and has amassed a wealth of knowledge and experience in building successful virtual teams and organizations.

Kate's training as a clinical psychologist influences her coaching through a deep understanding of barriers and catalysts to behavior change, healthy emotion regulation and stress management strategies, and a focus on work-life wellness and effectiveness. She excels at coaching leaders to recognize and maximize their impact and influence consistent with their values, strengths, and professional and organizational goals.

Former clients and colleagues describe Kate as having an "exquisite combination of skill and preparation built on an astute understanding of what [her] client needs." She has a "brilliant mind, high professional standards, and 'walks the walk' of organization and individual development."