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**April 19th 2021: Using resilience as a guide on
your path forward!**

Learning from resilience that it is more powerful to focus her energy in a world full of possibilities Dr. Catherine Carr joins Beth in the resilience conversation this week to share how this lesson impacted her path forward! Dr. Carr will share how her journey with resilience has come through discovery, nurturing and creating during difficult periods. An Executive & Team Coach who is developing resilient leaders & teams, Dr. Carr brings forward her resilience learnings to support people to be well, live well and meaningfully contribute in our world. In episode 7 of Resilience & You listen in

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Featured Guest



Dr. Catherine Carr

Dr. Catherine Carr is an executive and team coach, team coach trainer and supervisor, facilitator, and psychotherapist with 25 years experience. Catherine is the Practicum Head for GTCL, and Assistant Faculty for the North American Systemic Team Coaching Diploma Programme. She is EMCC accredited as a Supervisor, Master Coach Mentor, and Master Team Coach and a certified Corporate Executive Coach. Catherine has a doctorate in executive coaching and leadership development and co-authored 50 Tips for Terrific Teams!, and High Performance Team Coaching. One of Catherine's passions is leading North America's Resilience @ Work. She is also a Conflict Dynamics Master Trainer and Leadership Circle

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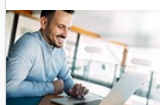
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