



### Big Beacon Radio

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**May 23rd 2016: Leadership Coaching for Mindful Living and Learning: George Mason University**

In this episode, Big Beacon Radio host (and coach) Dave Goldberg explores the topic of coaching with three fellow coaches: Sarah Happel, Ellen Fulton, and Pam Patterson of George Mason University's cutting-edge Center for the Advancement of Well-Being. Join Sarah, Ellen, Pam, and Dave to explore how coaching can be used on an individual and organizational basis, learn how George Mason's well-being-focused program differs from other coaching programs, and discover the ways in which the ideas and practices of coaching can help transform higher education.



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### Featured Guests



#### Sarah Happel

Sarah Happel, President and Founder of Spectrum Leadership Solutions, is a top leadership consultant and coach who excels in cultivating excellence in leadership through her work with individuals, teams and organizations. Formerly an internationally competitive volleyball player, Sarah helps leaders and executive teams determine winning strategies for their organizations through her work as a coach and facilitator. With over 15 years in the field of communication and transition management, Sarah has lived and worked extensively overseas, leading programs in Germany, Luxembourg, Argentina, Spain and the USA. Sarah is a leader in the field of coaching and leadership development. Known for s

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#### Ellen Fulton

Ellen Fulton, a master certified executive leadership coach, has extensive experience working with leaders in government, corporations, small businesses, non-profits, and universities. She has worked with over 1000 individuals and teams from the C-Suite to the individual contributor. Ellen challenges clients to reflect on their strengths, areas for growth, values, and interpersonal skills to help them align action plans that maximize strategic goals providing sustainable change. As a Coaching Fellow at George Mason University and Managing Partner of the Washington Coaching Group, Ellen Fulton brings her expertise to a variety of outstanding educational opportunities. Serving as Co-Directo

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#### Pam Patterson

Pam Patterson is Associate Vice President of University Life at George Mason University and has 25+ years of combined experience in leadership and university administration. She is also a Senior Coaching Fellow at the Center for the Advancement of Well-Being where she co-directs the Advanced Coaching Program in Leadership and Well-Being. Dr. Patterson is a graduate of Georgetown University's Leadership Coaching Program. Her professional interests are in the science and application of individual and organizational well-being, leadership, and coaching. At George Mason, she was a member of a team that created and implemented a leader development curriculum for executive education and a sepa

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