



SYDNEY A. PAREDES

- Expert in corporate leadership and organizational development
- Seasoned certified executive coach
- Held past corporate executive leadership roles

Sydney Paredes specializes in coaching leaders at VP levels and above, and emerging women leaders. She draws upon a unique blend of life experience, corporate leadership experience, higher education, and 10+ years of coaching experience to help her clients be more powerful, make a greater impact and prepare for their next big step.

Sydney's 25+ years experience working with diverse teams as executive leader, team member, educator, facilitator and coach. She has first-hand experience in leadership and organizational development, program management, marketing, sales, labor relations and customer service. She helps leaders and teams

- Strengthen leadership and communication skills
- Improve working relationships with direct reports, peers, and clients
- Increase competence in working collaboratively
- Increase effectiveness in problem solving and decision-making
- Increase leadership authenticity and versatility
- Increase emotional intelligence

Sydney holds a BS in business administration from Portland State University, an Executive MBA from the University of Oregon, and an MA in Applied Behavioral Science and Leadership from Bastyr University in Seattle. She completed top leader and team development programs at the Center for Creative Leadership and is a certified Integral Coach®, a credential recognized by the International Coach Federation.

Sydney's clients agree that her expertise, wisdom, and professionalism as an executive coach, and her genuine care and commitment for her clients, create learning experiences that have a life-long impact professionally and personally. Sydney resides with her husband in Minnesota, is 2011 Minnesota Coaches Association president, and enjoys competitive ballroom dance.