

Cathy Jacob

Partner

Profile

Cathy Jacob is a leadership development coach, consultant and entrepreneur and co-founder of Fire Inside Leadership Inc. She is a Certified Professional Co-Active Coach (CPCC) and an Accredited Business Communicator (ABC) with over 30 years of professional experience working for a diverse group of clients in both the public and private sectors.

Her unique background, which includes communications, human resources, corporate strategy and leadership development, makes her ideally suited to work with leaders and organizations who need to motivate and mobilize their people to succeed in a rapidly changing environment.

Cathy's provides individual leadership coaching services to CEO's, senior executives and professionals in small, medium and large organizations. In addition, she provides leadership and team development services as well as organizational culture and strategy services to organizations in sectors such as telecommunications, health, marketing, insurance, manufacturing and government.

Work History

2009 – Present **Fire Inside Leadership**

Fire Inside Leadership – Founding Partner

As a partner and co-founder of Fire Inside Leadership, Cathy provides leadership development, team coaching, facilitation and strategic consulting services to support leadership teams and peer groups within organizations in the private and public sectors. In addition, she provides leadership coaching to individual clients in Canada and the United States. In 2005, she and her partners founded and developed the Peer Leadership Program, a comprehensive, 18-month leadership development program for business leaders. Since that time, over 250 leaders have graduated from this program.

2004 – 2009 **Tiger Lily Coaching Services**

Tiger Lily Coaching Services – President

Cathy established a successful time leadership coaching practice supporting executives, senior leaders and other managers to create extraordinary results in their professional and personal lives. Her professional coaching training combined



with 25 years of business leadership experience, enabled her to quickly establish a reputation for powerful results. In addition, working collaboratively with colleagues and coaches, she offered leadership development training and team coaching to groups within private and public-sector organizations. In 2005, she and two other leadership coaches developed and launched the Peer Leadership Program. In 2009, she and her colleagues co-founded Fire Inside Leadership.

1997 – 2003 Jacob Communication Strategies Halifax, N.S.

President and Senior Consultant

Cathy provided strategic communication consulting services on large-scale communications and marketing initiatives for regional and national clients in the economic development, telecommunications, IT, insurance and transportations sectors.

1991 - 1997 Bristol Group Halifax, Fredericton, St. John's, Nfld.

Director Corporate Development

Cathy held a number of senior leadership roles with this regional marketing, communications and research consultancy. Under her leadership, Bristol's public relations practice more than doubled its clients, revenues and profits in less than two years. Cathy later joined the Executive team of the Bristol Group of Companies responsible for Corporate Strategy, Human Resources and Communications.

1988 – 1991 Jacob Communication Strategies, Halifax, N.S.

Communications Consultant

Cathy provided consulting, speech writing, and communications services to organizations in the telecommunications and IT sectors.

1985 – 1988 Telecom Canada, Ottawa, Ontario

Manager, Advertising and Promotion

Responsible for managing the business long distance national advertising campaign for the nine major regional telephone companies across Canada

Education, Training and Accreditation

2017 The Art of Developmental Coaching

A 12-week program on the art of developmental coaching delivered by international leaders in the field of developmental psychology and coaching such as Robert Kegan, Jennifer Garvey-Berger, Doug Silsbee, Bob Anderson and Robert McNamara.

2015 Immunity to Change

Certification in the Immunity to Change™ process, a ground-breaking transformative coaching methodology developed and taught by Robert Kegan and Lisa Lahey, faculty and developmental psychologists at the Harvard Graduate School of Education.

2011 Next Stage Facilitation Intensive

Advanced facilitation skills training bringing together facilitation techniques, Integral Theory and influences from Zen practice.

2011 Team Coaching International

Business Development and re-certification program.

Authorized facilitator of TCI Team and Organization Diagnostic Assessments

2008 Center for Right Relationship, Toronto

Alchemy & the Third Entity: The Art of Co-Facilitation

2004 – 2008 The Center for Right Relationship, Toronto

Organization and Relationship Systems Coaching Program

An in-depth program offering skills, techniques and methodologies for team and relationship coaching.

2007 and 2010 Psychometrics, Halifax, NS

Myers Briggs Indicator Type I Qualification Program – Psychometrics

Myers Briggs Indicator Type II Qualification program

2007 Team Coaching International, Washington

Team Coaching Intensive

Authorized Team Diagnostic™ Facilitator

2003 – 2005 The Coaches Training Institute, Toronto

Co-Active Coach Training Program

Certified Professional Co-Active Coach (CPCC)

2004 – 2005 The Coaches Training Institute, San Rafael, CA

Co-Active Leadership Program

10-month Leadership Development Program



1993 International Association of Business Communicators (IABC)

Accredited Business Communicator (ABC)

1973 - 1977 Mount Allison University, Sackville, N.B.

Bachelor of Arts/ History and Political Science

Memberships and Community Involvement

- Catalyst Youth Leadership Program – Founding member / Co-Director Curriculum Development
- Halifax Chamber of Commerce – Volunteer / Co-leader, Chamber of Commerce Future Leaders Program
- International Coach Federation - Member
- Halifax Partnership – Investor and volunteer with the Connector Program
- International Association of Business Communicators – Past Preside