

Valerie White

Coaching Profile



Valerie White, Ph.D.
Hogan Coaching Network

Background

Valerie has over 20 years of experience as an assessment specialist and executive coach, and she has served as an advisor for companies undergoing major organizational changes. She has also been a keynote speaker on presence and impressions management in national and international media, and several organizations.

Valerie has assessed and coached hundreds of individuals ranging from novice managers to “C” level executives. She coaches people from around the world and has conducted numerous leadership assessment and training workshops in Europe and Asia as well as in the U.S. Valerie works with individuals to improve their leadership, managerial, and interpersonal skills, and helps them to prioritize so that they can minimize stress and be more strategically focused and efficient in their work. She has also coached new leaders to help them successfully on-board in their new roles.

Valerie’s psychology background and years of business experience enable her to help people, with widely divergent needs and approaches, meet their goals. Her focus on positive psychology and certification training in EFT and HeartMath provide her with many tools to assist others in promoting change.

Professional Experience

Principal, ChangePerspectives

Founder & Former Co-President, First Impressions, Inc.

Education

NYS Licensed Psychologist since 1997

Ph.D. and M.A., Clinical Psychology (superior ranking) – Fordham University 1995/1989

B.A., Phi Beta Kappa, Magna Cum Laude, Economics – Middlebury College 1985

Client Experience

AbbVie, APT, AT Kearny, Atlantic Health, BMS, Buck Consulting, Chase, CHOP, CNA Insurance, Coca-Cola, Corning, D.E. Shaw, DESRES, Diageo, GM, GSK, Heidrick, HP, Johnson & Johnson, LexisNexis, Merck, Microsoft, Mutual of Omaha, Novartis, Novo Nordisk, Pearson Education, Pepsi, Pfizer, PSEG, PWC, Raytheon, RGA, Sanford Health, Sun Microsystems, Teva, USG, WDAS, Westfield Insurance

Individual Assessments

Executive Coaching

Global Leadership Development

On-boarding

Change Management

Interpersonal Effectiveness

Stress Management

Assessment Center Development and Implementation