



ENCORE EXECUTIVE &
PROFESSIONAL COACHING
MARY T. O'SULLIVAN, MSOL

Mary T. O'Sullivan Speaker Information

Thanks for the opportunity to speak with you and your community. I truly look forward to it!

In this document, I've included:

- Links to my key social media profiles
- My bio
- Speaking topics and promo bullets
- Interview questions

If you should need any further information please feel free to contact me by email mary@encoreexecutivecaoching.com or by phone at 401-742-1965

Thanks and I look forward to working with you,

Mary T. O'Sullivan, MSOL, ACTP, ACC
An ICF Certified Executive and Professional Coach

Headshot photo



Website

<http://www.encoreexecutivecoaching.com/>

Connect

Website: <http://www.encoreexecutivecoaching.com/>

Facebook: <http://www.facebook.com/Encoreexecutivecoaching>

Twitter: <https://twitter.com/GPSYouCoach>

LinkedIn: <https://www.linkedin.com/in/marytosullivan>

Skype: [mary101678](https://www.skype.com/people/mary101678)

Mary T. O'Sullivan, MSOL, ACTP, Executive and Professional Coach

Mary T. O'Sullivan is an experienced Executive and Professional Coach specializing in helping managers, executives, and professionals to exhibit grace under pressure when in stressful career, job, relationship, or personal situations.

Mary T. O'Sullivan, holds a Master of Science, Organizational Leadership, is an Associate Certified Coach by the International Coaching Federation (ICF), and a member of the Society of Human Resource Management (SHRM). Mary holds a Graduate Certificate in Executive and

Professional Coaching, University of Texas at Dallas, and has been awarded the ACTP certificate. She was nominated by her professors and admitted to Beta Gamma Sigma, the International Honor Society. She has also completed Advanced Studies in Education from Montclair University, SUNY Oswego and Syracuse University. Mary is a Certified Six Sigma Specialist, Contract Specialist, Integrated Product Team (IPT) Leader and holds a Certificate in Essentials of Human Resource Management from SHRM.

Mary is the veteran of four major careers, spanning over 40 years. She has over 30 years' experience in the aerospace and defense industry. In each of her many roles at General Electric, Lockheed Martin, and Raytheon, she acted as a change agent, moving teams and individuals from status quo to new ways of thinking, through offering solutions focused on changing behaviors and fostering growth.

In her early career, Mary taught high school English for 10 years in the Syracuse, NY area and holds a permanent teaching certificate in the State of New York for secondary education. Mary was also a successful salesperson for Thomas's Regional Industrial Guides, a manufacturing sourcing directory, now known as Thomas.com.

Mary is the founder of [Encore Executive and Executive Coaching](#), [Rhode Island Professional Coach Alliance](#), [Step Mom's Café on Facebook](#), and the author of [Ponderings of a Corporate Refugee: Observations from the Cube](#).

She is also the author of the 4 Square Solution Focused Steps to Success, a FREE cheat sheet to help you learn how to clarify what you want and take action to get it. To get your copy, go to www.encoreexecutivecoaching.com/successgift. Learn more about Mary and her programs at www.encoreexecutivecoaching.com

Mary lives in Kingston, Rhode Island with her husband and two lovable labs, Onyx and Bonnie.

Mary's most requested talk:

From Hassled to Happy:

This presentation is designed for managers, executives, and professional who find themselves in tough circumstances. Her mission is to help these people to exhibit appropriate grace under pressure when they find themselves under stress in career, job, relationship, or personal situations.

In this presentation you'll learn:

- Mary's 4 Step Process to How to Clarify What You Really Want and Take Action to Get It
- How you can learn to take small steps to make big changes
- How to get what you deserve from your current situation when contemplating a job change.
- How to tell what you can and can not control about your current situation.
- When and How to Formulate your Plan B

After four career transitions, from education, to industry, sales, and coaching, Mary's learned what it takes to land the job that she really wanted, and how to make a graceful, productive exit

when she needed to. Mary can help you find the same equilibrium in the midst of tumult that she was able to find.

Interview Questions:

1. Can you tell us what making small changes, or micro changes, rather than dramatic changes means and why it's a positive?
2. What is the difference between an executive coach and a life coach?
3. Do you conduct your coaching in person or over the phone?
4. Do you travel to people's workplaces to conduct seminars?
5. How long have you been a coach?
6. Describe your coach training.
7. How long were you in industry?
8. What's the best compliment a client has given you?
9. What are some questions a coach may ask a client?
10. How do you convince a person to come to coaching?