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## bio • carolyn c. mathews, PsyD

Dr. Carolyn Mathews, an executive coach, works with accomplished professionals to help them successfully navigate mid-life professional and personal transitions. She specializes in working with clients from corporate, non-profit, and entrepreneur sectors who want to “transition with vision” as they engage their strengths, take stock of their values, understand their behavioral influence on others, and mitigate weaknesses.

As a positive psychology professional, Carolyn approaches her work from a strengths-based perspective, encouraging clients to use their personal strengths and the skills that come naturally to them to discover what brings meaning and purpose to their lives. This approach inspires clients to articulate meaningful goals, develop strategies, and act in a manner that aligns with their values. Carolyn engages her clients with warmth and humor, coupled with broad knowledge and experience.

Carolyn has over 20 years of corporate and professional services experience. After earning a master’s degree in communications, Carolyn built a corporate career with a variety of companies including Merrill Lynch, Subaru of America, and Unipart, a division of the UK’s Rover Company. In her corporate career, she held a variety of positions in corporate communications and marketing roles. During this time, she also earned a Certificate in Corporate Community Relations from Boston College.

More recently, Carolyn earned a master’s and doctoral degree in clinical psychology from the American School of Professional Psychology - Seattle. During her internship with Cancer Lifeline, Carolyn became increasingly intrigued by positive psychology as she watched those affected by cancer call on their strengths and hone their resilience. This experience eventually led her to explore the intersection of positive psychology and the corporate environment which resulted in her coaching career. This blend of corporate and psychology experience enables Carolyn to work well with executives and other professionals, while appreciating the complexities of all of our personal lives.

Carolyn cultivates her passion for learning through her participation in professional organizations such as International Positive Psychology Association, Institute of Coaching Professional Association, Retirement Options and Center for Creative Leadership. She also volunteers for neighborhood initiatives and has facilitated support groups for those affected by cancer.