

## **COMPANY BIOS**

### **Catherine McCarthy**

Catherine McCarthy is vice-president of The Energy Project, a company that helps organizations and their leaders build and sustain capacity by learning to more skillfully manage their energy. Catherine has spent her career helping companies to build more powerful leaders, effective teamwork and high performance in demanding environments. She began as a leadership consultant to family owned businesses. For the past ten years, her work has focused on executive selection, executive coaching, motivational speaking, group facilitation and leadership development.

For six years, Catherine worked as a Consulting Psychologist for MICA Management Resources in Chicago. In 2000, she became Senior Consultant at the Syncretics Group, an organization devoted to helping individuals perform at their best under adverse conditions.

Catherine is a co-author of *Leading at The Edge* (AMACOM, 2000) a book for business leaders which outlines ten key leadership and teamwork strategies to optimize performance under adversity.

Catherine has worked with companies including The Bank of Montreal, B.F. Goodrich, Blue Cross Blue Shield, Estée Lauder Companies, E\*Trade, the Federal Reserve System, Johnson and Johnson, JP Morgan Chase, Kraft Foods, L'Oréal, and Microsoft.

Catherine earned her bachelor's degree in psychology from Princeton University and her Ph.D. in clinical psychology from the Illinois Institute of Technology. She went on to do a fellowship at Yale University's Consultation Center.

She lives with her husband, Paul Kersch, in Chicago, Illinois.