

Ellen Fredericks
Managing Partner
United States



Ellen Fredericks, Master Certified Coach, partners with executives, leaders, and business professionals to take their individual, team or business performance to the next level. Ellen specialises in executive and organisational development, supporting clients to build organisational cultures that reflect their vision and values and to develop leaders that can consistently produce new levels of results in the face of rapid change and competition. She also supports clients in the art of building powerful business relationships and cross-functional teams within a complex business structure. She is known for her practical approach, evocative coaching style, and for promoting essential think time as the foundation for executive success.

Her clients include executives and leaders from start-up firms, professional practice firms and Fortune 500 companies including Philips, Cisco, Tate & Lyle, AT&T, Chanel, Alcatel-Lucent, Merck & Co., Abbott Labs, Novartis, Schering Plough, Prudential, Harcourt, Chase, and others such as the US Army Corps of Engineers, Bellevue Hospital, United Way and the US Postal Service. In addition to individual executive coaching, Ellen's professional services include group coaching, 360 feedback, executive meeting facilitation, and seminars on topics such as leadership, change management, emotional intelligence, relationship management and team effectiveness.

As a former corporate executive, Ellen brings twenty-five years of management and business experience to her coaching from the telecommunications and information technology industries where she managed multi-million dollar start up and turn around initiatives. She held diverse positions in marketing, sales, product management information technology, operations, human resources, and government affairs. Her areas of business expertise include leadership, business management and development, strategic planning, new product development, product marketing and product management.

Ellen is one of only several hundred coaches worldwide awarded the designation of Master Certified Coach by the International Coach Federation. Ellen holds a certificate in coaching, a B.S. in Computer Science and an M.S. in Management. She attended Executive Management Training Programmes at Duke University and Arizona State University. Ellen has been a featured leadership expert at the monster.com Leadership Center. She is a contributing author to the ASTD published book, "Coaching for Extraordinary Results", the co-author of "Executive Think Time - Thinking That Gets Results", "Executive Foundation - 5 Essential Skills for Senior Leaders", and "From Cross Purposes to Cooperation - The 10 Factors That Unify a Cross Functional Team".

Ellen is the Managing Partner for LSP in the US. She is the past President for the NJ Chapter of the International Coach Federation and the Founder and President of the New Jersey Institute of Technology (NJIT) Alumni Association Executive Program Chapter. Ellen resides in Warren NJ with her husband Tom.