

Sarah Gillen

Performance Management Coach

Sarah is business consultant and coach, specializing in working with companies that are challenged by systems that are not working effectively. She can assess the situation and root out the true causes of difficulty, including team dynamics, issues with systems, and/or the processes that link the two. She is also adept at coaching organizations for growth.

In her 30 years of business experience, Sarah has coached a publishing conglomerate for their strategic plan for expansion into new areas and for change in leadership. She simultaneously worked with departments within the company to develop organizational and management skills. In addition, she has helped several firms strategize for expansion into new markets and carry through successfully, increasing profits by 200 – 2000%. Sarah has also developed six successful businesses of her own since 1980, including professional practices, furniture design, and an international coaching and training business, emphasizing effective dynamics and communication in leadership, organizational development, and life balance concerns. Clients include visionaries in high-tech development, service sectors, retail, green business, healthcare, and a wide range of entrepreneurs.

Sarah has focused her broad experiences in business and coaching to help companies focus on leadership skills, increased capacity for effective leadership, people management skills, and business strategy and implementation.



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Sarah has been involved in individual and group change for 30 years, including systems and group development and facilitation, individual growth and high performance. She holds professional licenses in systems theory and implementation and individual development in both Vermont and California and is credentialed as a professional coach through the ICF. She also holds a degree in clinical psychology.

Sarah has coached executives through the development of complex systems, restructuring, enhancing team performance. She has also worked with clients to identify the hidden cause of unworkable systems, enabling companies to do vital work including redirecting change efforts, business growth and hiring, and systems implementation.

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