



CINDY WILCOX

LEADING · LIVING · WISDOM

Cindy Wilcox, Ph.D.

*I support, coach, and develop Midlife Leaders and Learners to amplify their wisdom, clarity and insight, and move through essential transitions toward greater wholeness and impact.*



Cindy Wilcox is a global leadership strategist and practitioner, a Ph.D. in Leadership and Cultural Systems, and a Certified Executive Coach. Dr. Wilcox has over 25 years of experience shaping leadership development and executive coaching initiatives for Fortune 100 companies, NGO's, Foundations, and communities, delivered in 52 countries.

In addition to her deep experience in the science of western leadership development, Dr. Wilcox distills her background in integrative health and wellbeing and global wisdom traditions to create new insights, programs, and coaching in the area of Wisdom Leadership.

Dr. Wilcox's leadership background includes Leadership Training and Consulting with a global HR firm, developing and managing cross-sector leadership programs and economic and development programs for the State Department, USAID, and NGO's in 7 countries, serving as Global Lead for a Fortune 100 High Performance Leadership Academy, responsible for program conceptualization, quality, design, and deployment in 52 countries, and most recently leading Executive Coaching for a Fortune 50 company, delivering coaching from Store Leaders up through the C-Suite. Areas of specialty have been authentic leadership, executive presence, leader resilience and wellbeing, and emotional and social intelligence.

While working as Director of Education at the Center for Spirituality and Healing (University of Minnesota), Dr. Wilcox was able to pursue a longstanding passion in Integrative Health and Wellbeing. As Director of Education at the Center, she had immediate oversight over 114 courses 75 faculty (serving 2,000 students) in areas such as Integrative Health and Wellbeing, Health and Wellbeing Coaching, Leadership and Organizational Wellbeing, Whole Systems Healing, Mindfulness-Based Stress Reduction (MBSR), Nature- Based Therapeutics, Arts and Healing, and Culturally-Based Healing Traditions.

Dr. Wilcox was trained and certified primarily in the area of energy/vibrational medicine. Her creative contributions while at the Center included the launching, staffing, and program development in the area of Leadership and Organizational Wellbeing, including topics such as leadership presence, authentic leadership, leadership resilience, workplace wellbeing, and emotional and social intelligence.

As a student of Culturally-Based Wisdom Traditions, Dr. Wilcox co-founded the non-profit Global Citizens Network (partnering with indigenous communities around the globe), as well as designing and teaching a leadership program for indigenous women from 4 continents, serving as senior consultant for Blandin Foundation's Reservation Communities Leadership program serving all reservation communities across Minnesota, and working with Angeles Arrien of the World Indigenous Council.

Dr. Wilcox is currently bringing this unique combination of skills and experience to her work with the Wisdom Practices of Leadership, Midlife Transitions, and Leaders Resilience and Wellbeing.