



KIM CAUGHLIN

Director, Coaching & Facilitation

Kim Caughlin has been with Forrest since 2003 and is currently Director, Coaching & Facilitation. Kim is a seasoned business professional with over 25 years of consulting, sales, marketing and management experience. Her career has been focused on high-growth, fast-paced, innovative markets such as retail, energy, telecommunications, and hi-tech.

Kim combines her business acumen with a passion for training, program design, coaching and process facilitating. Her energy, enthusiasm and expertise are sought after in all sectors-public, private and not-for-profit-and at all levels, from senior executives to front-line employees. Recently, she has been in great demand for her expert coaching of emerging leaders, assisting them to reach their full potential on an interpersonal as well as personal level. She has experience in designing and implementing effective on-boarding programs and judicious succession planning techniques, and in defining leadership potential. She is certified in Effective Intelligence™ and uses this assessment tool frequently in coaching and facilitation to bring out immediate, visible and long-lasting effects.

Forrest's recent collaboration with the Human Resources Professionals Association (HRPA) has permitted their members to experience Kim's expert delivery of the Forrest Leadership Suite™ programs.

Kim holds an Honours degree in Philosophy from the University of Western Ontario and a Diploma in Training and Development from the University of Toronto. She is an accomplished artist who works in multiple media. A dedicated yoga practitioner, she enjoys spending time with her family hiking or skiing, depending on the season!