

“ I'm in awe of how good Kathy is at coaching. Her ability to ask the right question, however unsettling that might have been for me, led me to an understanding of my career & myself that I couldn't have achieved alone. ”

Hi, I'm

KATHY TABERNER

Executive Coach > Author
Facilitator > Speaker

Relationships are fundamental to healthcare. Staff, patients, and service providers need to understand each other to have effective relationships and deal with conflict as it arises. Without this, emotions can get tapped and errors occur leading to decreased productivity, unsafe work practices, and compromised outcomes.

As Co-Founder of the Institute of Curiosity, Kathy has learned through experience, neuroscience, and research the value of curiosity in developing all aspects of communication - from seeking to understand to managing conflict.

In her coaching practice, Kathy develops a coaching relationship based on confidentiality, trust, and mutual respect that supports learning through curiosity. Her approach is client-centered and outcome-focused. Learning is generated through persistent, constructive feedback and challenging/tough questions that support reflection. Kathy expects clients to be engaged and committed to strive for excellence as they learn and nurture their leadership development.

Kathy is a co-author of *The Power of Curiosity: How to Have Real Conversations That Create Collaboration, Innovation and Understanding* (Morgan James Publishing 2015)

Kathy lives in the Okanagan and enjoys hiking, water sports, skiing, cycling, and travel. She is a positive person whose glass is always half full (sometimes with wine) and believes fun and laughter are fundamental to a life well-lived. Kathy is a lifelong learner who supports and encourages others in their learning journey. She believes when someone believes in themselves, they can do just about anything.



CERTIFICATIONS

Retired Occupational Therapist

MA, Leadership & Training | Royal Roads University Research Project focused on senior women leaders, exploring their emotional intelligence and leadership styles.

Certified Executive Coach | Royal Roads University

Professional Certified Coach (PCC) designation, ICF

Certified Learning In Action: Explores Emotional Intelligence

Certified Physician Coach | Physician Coaching Institute

ICF Internal Review Board. Addresses ethical issues within the coaching profession on a global basis (9 years).

Active International Coaching Federation member

CONTACT

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