

**Helen Richardson,
Senior Associate**



"Dr. Helen Richardson helped me take a huge step forward as a leader and a colleague, and I also experienced a great deal of personal growth as a result of my work with her. Rather than focusing exclusively on a set of technical tools, her work aims at the root causes of conflict and dysfunction in the workplace: our all-too-common inability to see outside of our own preferences, and to view relationship-building as THE central work of leadership and management. She excels at listening compassionately and providing strong accountability with regard to her clients' goals for growth."

*John Frisbee, Director of
Philanthropy, ACLU*

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Helen A. Richardson, Ed.D., PCC

Helen is a warm, empathetic, insightful, coach who enjoys assisting leaders to grow and develop and create conditions that help others thrive at work. She guides leaders at all levels supporting them in learning who they are and how they can begin to lead from the inside out. She facilitates self-observation, self-regulation, and competency development so that leaders may become role models for others. Her ability to quickly develop trust and become an accountability partner acts as the needed support for leaders to plan for their grow and meet their personal and professional goals.

Dr. Richardson draws upon a broad set of foundational elements for her coaching. As an ICF professional certified coach, she is grounded in gestalt theory and the practice of mindfulness. Helen is also developing her skills as a somatic coach through the Neuroscience of Change coaching program. She helps clients use their bodies as an extension of their brains creating a new world of knowingness for decision making for her clients.

Over the last 25 years, Dr. Richardson has served the needs of executives and leaders within non-profits primarily in human service, healthcare, and education. Prior to contracting to a variety of organization, she was an HR director and manager of training in insurance, education, and economic development.

Helen is trained in the neuroscience of change, immunity to change, appreciative inquiry, and presence-based coaching. She is also certified in the following assessments: Center for Creative Leadership's Benchmarks 360, Korn Ferry's Emotional Intelligence and Organizational Climate, MBTI, FIRO-B, and Strengths Finder.

Dr. Richardson holds a doctorate in Organizational Development and Training from Temple University and Masters in Human Services from Lincoln University.

Helen is a life-time resident of Philadelphia where she lives with her husband. She has two adult children and two grandchildren.