

Cathy Posner



Coach, speaker, trainer and author, Cathy is the founder and principal at Transition Consulting and Coaching. After many years of working in HR, program development and leadership for other organizations and consulting on the side, Cathy decided to give coaching her full attention. With her 2-year-old daughter in tow, she launched Transition Consulting and Coaching. Cathy provides career coaching, small business development, HR support, nonprofit consulting services and workshops to transitioning individuals and organizations looking to grow or improve their processes. She also works as a Senior Coach with CareerCurve, providing outplacement and transition support to candidates, and as a training consultant, working to help companies improve their workplace communications and overall effectiveness. Cathy is very active in her northeast Ohio community and serves on a number of nonprofit boards and committees. In 2014, Cathy was honored as a Women of Professional Excellence through Women's Network of Northeast Ohio and was as a 2018 Women of Our Community award recipient and Athena Award nominee in Medina County, Ohio.

Cathy especially enjoys helping individuals and organizations connect with the things they are good at, and supporting each to develop those gifts.