

Frederick C. Sanders

Ph.D., MCC

Personal Information

Phone

646.464.0260

Email

hello@fcsanders.com

Website

fcsanders.com

LinkedIn

[linkedin.com/in/drfreddysanders](https://www.linkedin.com/in/drfreddysanders)

Qualifications & Skills

ICF Master Certified Coach (MCC)

Ontological, Mindful,
Ecological Coaching (OME)

Cognitive Behavioral Coaching (CBC)

Registered ICF Mentor Coach

NeuroLinguistic Programming (NLP)

Keynote Speaking / Presentations

Corporate Training Facilitation

Special Interests

DAISI™: The Core of Humanity [DEIBJ]

Emotional Wealth / Wellness (EQ)

Cognitive Agility

Performative Masculinity

Perfectionism, Narcissism, Otherism

Spirituality & Divinity

Award-winning, master-certified coach seeking to partner with high-impact leaders in a co-creative journey of deep exploration, awareness, authorship, and self-mastery.

Experience

May 2024 - Present

Executive Coach

Landit • New York, NY

Specialties: Executive presence, finding purpose, communication skills, imposter syndrome, boundaries

May 2022 - Present

Executive / DE&I Coach

CoachHub • Berlin, Germany

Specialties: Workplace inclusion, positive psychology, active listening, transformational leadership

Aug 2021 - Present

Leadership Coach / Director of Coaching & Client Transformation

The Vision Investment • Minneapolis, MN

Specialties: Expansive thinking, dynamic decision-making, transformative leading & living

Jul 2020 - August 2024

Senior Coach / ICF Mentor / Training Facilitator

Ideal Coaching Global • Los Angeles, CA

Specialties: Ontological, mindful, ecological model, ICF core competency framework

Nov 2021 - Nov 2023

Premier Fellow Coach

BetterUp • San Francisco, CA

Specialties: Whole person model, transformational leadership, executive presence

Apr 2020 - Mar 2022

Emotional Wellness Coach

Lyra Health • Burlingame, CA

Specialties: Cognitive behavioral coaching (CBC), values/vision, thinking traps, mindfulness, acceptance

Education

2020 - 2022

Master of Arts (M.A.) & Doctor of Philosophy (Ph.D.)

Professional Coaching & Human Development

International University of Professional Studies • Maui, HI

1998 - 2002

Bachelor of Science (B.S.)

Computer Information Systems

Louisiana Tech University • Ruston, LA

Certifications & Accolades

2023

Gold Winner: Best Executive Coach

CoachAwards • Singapore

2021 - 2022

Advanced Training in Executive Coaching (ICF ACSTH)

Ideal Coaching Global • Los Angeles, CA

2019

Coaching for Excellence (ICF Accredited Coach Training Program)

Ideal Coaching Global • Los Angeles, CA

References

Bettie J. Spruill, PCC
415.846.3580

Merle C. McKinley, MCC
510.914.7629

Lorinda S. Bartlett, PCC
520.404.2451