

Insight on Coaching – Guest Bio

Joshua Ehrlich: President, Educational Services, BeamPines

Introduction

Joshua brings particular expertise to our coaching, assessment and career management practices. Josh coaches senior executives in critical leadership skills such as strategic/innovative thinking, negotiating/influencing, network and relationship management, team building, communication and stress management. His objective is to give clients the understanding they need to both apply these skills in a range of situations and coach their subordinates on developing the same skills. Josh also provides career management coaching to help individuals prepare for, evaluate and negotiate advancement opportunities as well as transition into new roles.

Experience

Josh has a special expertise in stress management. He has managed large research projects at Yale and New York University and authored numerous articles clarifying the psychological and physiological mechanisms by which stress impairs effective functioning. Josh works with many of his clients on developing stress management skills such as self-hypnosis and visualization. These skills are invaluable in optimizing performance, effectiveness and creative problem solving.

Education

Josh holds a BA from Yale University, where he graduated Magna Cum Laude with Distinction in Psychology, and received his MA and Ph.D. from New York University in Clinical Psychology. Josh is on the faculty of Middlesex University's Work-based Studies program in London. He is a member of The Metropolitan Association for Applied Psychology, The New York State Psychological Association and The American Psychological Association. Josh is licensed as a Psychologist in New York State.

Professional Affiliations, Publications and Recognition

As an adjunct to his one-on-one work with clients, Josh leads a weekly Executive Forum. The Forum is a select group of executives from different companies who focus on strategies to achieve a range of professional as well as personal goals. With the aid of Josh's facilitation and the insights the group process generates, participants develop the self-awareness and specific management skills they need to be achieve their objectives.