



Adam Sutton, BA

Adam Sutton is a dynamic and inspirational speaker, executive coach and corporate trainer who has been helping individuals and organizations be their very best for more than twenty-five years. His clients in academia, health care and the corporate sector have included Harvard and MIT, Brigham and Women's Hospital, Joslin Diabetes Center and companies such as GE and Blue Wave Solar. Adam is known for bringing a down-to-earth, accessible and fun approach to creating and maintaining happier workplaces including whole employee engagement, kind and connected communication and emotionally intelligent change management.

Adam has worked extensively in the fields of human development and organizational effectiveness. He brings expertise and passion to all of his teachings, specifically in the areas of team building, leadership development, career/mission-alignment and human potential and motivation. Adam has extensive training and experience in mindfulness, mediation, personality-type theory, career coaching and interfaith spiritual direction.

Past and Current Clients Include:

Academic: Harvard University, Yale University, MIT, Miami University of Ohio, Wellesley College, Williams College, Salem State University, Montserrat College of Art, Colleges of the Fenway; *Healthcare:* Dana Farber Cancer Institute, Joslin Diabetes Center, Lahey Health, Beth Israel Hospital *Not-for-Profit:* Cradles to Crayons, BUILD.org, Institute for Non-Profit Practice; *Corporate:* GE, Cabot Insurance, BlueWave Solar; *Municipalities:* Town of Danvers, MA, Town of Hamilton, MA, Town of Foxboro.

Education and Affiliations:

BA in Music and English, Westfield State University. One Spirit Learning Alliance, Interfaith Minister Ordination (2008). Adam is trained in and uses a variety of leadership tools and assessments including Myers-Briggs Type Indicator and Motivational Maps, and is also a trained mediator through Mediation Works, Inc. In addition, Adam has studied and practices various whole-body methodologies including polarity therapy, yoga, chi-gong, mindfulness meditation, reiki, energy clearing and somatic dance.