



# Catharina Sjögren Froborg

Fosters growth and development with holistic passion

## Overview

Catharina is an executive coach who is highly experienced in helping individuals, teams, and organisations reach their goals. For over 15 years, she's been working with multinational companies in Europe, Singapore and the USA. She has a deep understanding of the importance of creating a safe and supportive environment to foster growth and development. Catharina is passionate about helping her clients realise their potential to reach their desired outcomes.

Catharina's business background spanned a range of different industries, including pharmaceuticals, entertainment and recruitment, holding senior marketing roles, both client and agency side.

## Location

Sweden

## Languages

Swedish (native)  
English

## Specialties

Leadership training, personal development, team building, communication, emotional and spiritual intelligence.

## Clients

Catharina's clients span across multiple industries that include automotive, entertainment, manufacturing, medical, retail and technology.

## Training & Qualifications

- MCC, Master Certified Coach (International Coaching Federation)
- Master Level Team Performance Coach (Team Coach International)
- DiSC Extended Certified
- Bachelor's degree, Marketing & Economics (Lund University, Sweden)