



Ana Paula Cota

Your ally in decoding complexity into actionable frameworks

Overview

Ana Paula Cota, an accomplished Leadership Coach originally from Brazil and based in New York for almost three decades, offers extensive expertise across diverse industries including financial services, real estate, med-tech, higher education, aerospace, and non-profit sectors. Leveraging her background in Psychology and Communication, she specializes in enhancing emotional intelligence and crafting impactful messaging for clients, enabling them to navigate challenges such as conflict resolution, change management, and fostering psychological safety with greater clarity and effectiveness.

Thriving in decoding complexity into actionable frameworks, she aids clients in realizing their vision. With a holistic approach and unwavering empathy, she guides individual and organizational growth.

Location

USA

Languages

Portuguese (native)
English

Specialties

Situational leadership, emotional intelligence, conflict resolution, workplace wellbeing, elevating new leaders and intentional messaging for change management.

Clients

Ana Paula's clients span across multiple industries including aerospace, financial services, higher education, med-tech and non-profit.

Training & Qualifications

- Certified Coach (iPEC Coaching)
- Flow Peak Performance Coach (Flow Genome Project)
- Mindfulness-Based Stress Reduction (MBSR) (University of Massachusetts Medical School, USA)
- Negotiation and Dispute Resolution (Harvard Law School Executive Education)
- Master of Arts, Psychology and Communication (Columbia University, USA)
- Bachelor of Arts, Social Communication (Centro Universitario Newton Paiva, Brazil)