



PATRICE KEITT

Partner,
Clear Path Executive Coaching

Areas of coaching expertise

- Stress management
- Mindfulness training
- Emotional intelligence
- Developing resiliency
- Leadership development
- Peak performance
- Communication skills
- Team building
- Mid-career transitions
- College to career coaching

Professional experience

- Partner, Clear Path Executive Coaching
- CEO and Principal, Anne Fontaine USA
- Vice President and COO, The Wolford Boutique
- Corporate Associate
 - Shearman & Sterling
 - Davis & Gilbert
- Yoga Alliance Certified Teacher
 - NYU Center for Spiritual Life Mindfulness Project ISHTA Yoga
 - The Yale Club
 - Corporate and private clients, including Macy's, Christie's, JP Morgan Chase, Warner Music, Citibank, Cravath Swain & Moore, Schultle Roth & Zabel

Education

- J.D., University of Pennsylvania Law School
- B.A., Political Science & French, Hofstra University
- University of Nice, France

Affiliations and certifications

- Institute of Coaching at Harvard University
- Yoga Alliance Certified Teacher

Background

Patrice is an authentic and insightful teacher and coach whose holistic and practical approach reflects her belief that a successful, satisfying career is as much a product of self-awareness, determination and resiliency as it is of talent and technical skill. In her work with clients, she draws on the analytic skills she honed as an attorney, her corporate experience as a CEO building and mentoring teams of professional managers throughout the US for two European luxury brands as well as her extensive training in and teaching of yoga, meditation and mindfulness practices. Her approach is also informed by her experience as a student of the process for over 25 years, having successfully navigated her own career reinvention.

Patrice is passionate about sharing her training and experience to help others fulfill their potential and find their clear path. To that end, she works with individuals across a wide range of industries, helping them build rewarding, challenging and inspiring careers. She has a positive and collaborative style and empowers her clients to tune into their innate wisdom and act on their vision.

In addition, she regularly conducts corporate seminars and workshops on topics relating to peak performance, including stress management, mindfulness, resiliency, emotional intelligence, leadership, team building, work/life balance, and navigating career change. Past and current clients include Richemont NA, Van Cleef & Arpels, Sullivan & Cromwell, Jones, Lang LaSalle, New York District Attorney's Office, Ernst & Young, Amerigroup and Baker Tiley – Vantagen.

Select client results

- Coached a recently promoted senior executive of a global company to improve his ability to manage a new team calmly and effectively. After conducting 360 reviews focusing on emotional intelligence competencies, we used various techniques, including mindful communication and meditation to increase his self-awareness and improve his communication skills. We identified a wide range of resources including relevant books, articles, videos and other multi-media learning tools to promote professional and personal growth. As a result, he developed more collaborative work relationships and an increased ability to manage stress, communicate and lead his team. At his performance review, he was told by the President of the company "we see a new person and we like it."
- Retained by a health care company to conduct a workshop on emotional intelligence for a dysfunctional team. Due to the positive response, the company requested several follow up seminars on mindfulness at work and positive work environment, resulting in increased team cohesiveness.
- Coached a new college graduate to identify interests, skills and experience to create a career mission statement and develop a compelling narrative for potential employers. Worked hand-in-hand to develop an action plan to guide her through the job search process, from developing professional materials to identifying and evaluating opportunities, creating networking lists and strategies and honing interview skills. Within a few months of our engagement, she was offered a position in her preferred industry.