



LIBRADA ESTRADA

Librada Estrada is an ICF-accredited Associate Certified Coach (ACC) for Enlightened Leadership. Her style of coaching, which blends elements of emotional intelligence, positive psychology, motivational interviewing, and strengths-based development, creates a supportive, positive experience. She helps clients get clear on their vision and priorities, embrace their unique leadership style, become aware of self-limiting beliefs and behaviours, and push beyond their comfort zone to take action. She believes each person has the capacity for leadership and it is not about title or position.

Coaching since 2009, Librada's areas of expertise include leadership and team development, management and supervision, group facilitation, and partnership development. She also facilitates strategic planning, work plans and focus groups, and delivers training in leadership, management and personal development.

Librada is especially successful coaching individuals who are emerging, mid-level, or senior professionals in non-profit, governmental and public health organizations, due to her own 15 years in public health at local, federal and national levels. Her most recent prior work role was as Associate Director at the Association of Maternal & Child Health Programs, where she focused on developing family leaders and MCH professionals, which included professional coaching. Prior to AMCHP, she led two teams at the National Association of County and City Health Officials, one of which designed an executive training program for new local health officials.

Librada holds a bachelor of arts in psychology from Boston University and a master's in public health from The George Washington University School of Public Health and Health Services. She is a Certified Health Education Specialist (CHES), a certified professional co-active coach (CACC) through the Coaches Training Institute (CTI) and certified in the Myers-Briggs Type Indicator (MBTI), the EQ-i2.0®, and The Leadership Circle™. She also coaches DISC and 360 Feedback processes. She is a trained in-person and virtual facilitator by Technology of Participation (ToP) and is a member of the 2017 ToP Network Board of Directors.

Librada's native language is English, and she also coaches in Spanish.

Clients

Bridges Charter Public School
 Congressional Hispanic Caucus Institute
 Latinas Leading Tomorrow
 National Association of County and City Health Officials
 Society of Practitioners of Health Impact Assessment
 U.S. Agency for International Development (USAID)

Testimonials

"From working with Librada, I learned new ways of working with my team to improve cohesion, motivation and productivity. She helped me find my own answers to questions I was asking and challenges I was facing." – Joanna Nwosu, Abuja, Nigeria

"I enjoyed talking with Librada and having her point out new things I had not previously seen before. She listened to me and aimed at clarifying the root of the issue." – AM, Washington, DC

"Librada is an excellent coach. Her talented facilitation and useful questioning technique helped me to find solutions and develop strategies that have greatly enhanced my leadership abilities. I am a stronger leader thanks to working with Librada." – AH, USAID