



Erica Mohr

SENIOR EXECUTIVE COACH
PLINK COMMUNITY DIRECTOR
PLINK LEADERSHIP

CREDENTIALS

Professional Certified Coach, International Coaching Federation

Certified Mentor Coach

Master's in Applied Positive Psychology, University of Pennsylvania

Master's in Education, San Diego State University

Bachelor's in Management, U.S. Coast Guard Academy

Certified Dare to Lead™ Facilitator

Qualified Provider, Leadership Circle Profile™ 360 Assessment Tool,

Qualified Provider, iPEC Energy Leadership Assessment

Certified Facilitator, The Leadership Challenge

Qualified Provider, DISC Behavioral Assessment

Certified Coach, Designing Your Life

Certified Facilitator, Playing Big

Obsessed with impact, Erica Mohr is a high achiever and fiercely loyal client champion. Using curiosity, kindness, and collaboration, Erica supports her clients to shift outdated leadership paradigms to new beliefs that maximize business outcomes and personal well-being. Erica has a vision of empowering and sustainable leadership that, at the same time, promotes personal well-being. Through her coaching and facilitation with pLink Leadership®, Erica's clients discover how to act in alignment with their values, take risks, and show up with bravery. Erica emphasizes the importance of clarity and purpose, encouraging leaders to narrow down what's most important to them to develop a clear course of action. Her style focuses on mobilizing the highest-impact, lowest-hassle path toward change.

As a Coast Guard commander for more than 20 years, Erica designed, deployed, and measured the quality of the service's professional development programs and co-founded the nonprofit Coast Guard's Women's Leadership Initiative. She later served as the Executive Director of the Sasamani Foundation, an organization dedicated to expanding opportunities for women and girls in Tanzania, and she now serves as their Board Chair.

Erica is currently based in Washington D.C. When she's not working, she is happiest during living room dance parties, experiencing awe through nature, paddling with her husband Pete, celebrating others' triumphs, adding to her human pyramid photo collection, and in shavasana.

IF HER NAME SOUNDS FAMILIAR, YOU MAY RECOGNIZE HER VOICE FROM:

- Connecticut Women's Hall of Fame Honoree
- Southeastern CT Chamber of Commerce 40 under 40
- Coast Guard Academy Alumni Association Achievement Award
- *Nerd's Guide to the Galaxy* podcast guest
- *Adventures in Behavior Change* podcast guest