

TERI REUTER

EXECUTIVE COACH &
FACILITATOR

BACKGROUND



Teri combines her experience in psychological counselling with an understanding of communication. She coaches leaders in business, manufacturing, technology, and social impact organisations to approach their work with empathy, curiosity, and a sense of joy.

After teaching communication at universities in the US and Germany, Teri became interested in how people value themselves and understand their options through conversations and self-talk. Teri co-authored "Strength-Centered Counseling" with Dr. Colin Ward, introducing techniques and language that helping professionals need when working from the perspective of possibilities, strengths, and well-being. She has adapted this model of change and effective communication in The Real Lead™ framework for her work with business leaders. During executive coaching and professional learning events, Teri helps leaders build relationships as the foundation for leadership.

A unique aspect of working with Teri is the intersection of her experience as a wellness counsellor and fitness instructor. Using guided imagery and movement, Teri works with her clients to integrate their physical, intellectual, and emotional selves to encourage resilience, self-discovery, and confidence in decision making.