

Sal Silvester, Executive Coach



Coaching approach

Successful executives and senior leaders partner with internationally sought-after executive coach Sal Silvester to make meaningful and measurable change.

Sal utilizes a Stakeholder Centered Coaching Approach which includes a high emphasis on involvement from Stakeholders (people who are impacted by the leader's behaviors), implementation of leadership behavioral change and follow-through to measure growth in leadership effectiveness.

When executives and senior leaders partner with Sal, they also have access to a stable of practical tools and online resources that Sal has developed throughout the past 18 years as an industry thought leader.

Sal is the author of three books: *Ignite! The 4 Essential Rules for Emerging Leaders* (#1 on Amazon's Movers & Shakers list); *Unite! The 4 Mindset Shifts for Senior Leaders* (an Amazon International Bestseller); and *Stakeholder Centered Coaching: Maximizing Your Impact as a Coach*, co-authored with Marshall Goldsmith (another Amazon International Bestseller).

Results

Sal's early vision for an online coaching platform (Coachmetrix) to provide greater accountability, transparency and results in coaching has enabled his clients to accelerate not just behavioral change, but perception change.

Coachmetrix also enables Sal to prove his coaching impact by measuring behavioral change on every executive coaching engagement.

Sal has coached hundreds of leaders since using Coachmetrix and 96% of those leaders have experienced leadership effectiveness growth on the job as perceived by others.

Professional history

25 years as an army officer, an executive at Accenture, and founder of 5.12 Solutions and Coachmetrix. He is a graduate of the US Army Ranger and Airborne schools and has led and managed teams in the desert of Kuwait, the mountains of Turkey, and in the offices of many clients.

Industry experience

Sal works with companies such as Columbia Sportswear, Vestas, BHP Billiton and fast-growing technology organizations of all sizes to facilitate longer-term leadership development, executive coaching, and management training using 5.12 Solutions' proprietary People-First Leadership™ Model.

Credentials

Masters in Business Administration, Georgia Southern University

Bachelors of Science, Bentley University

Certifications

International Coach Federation certified (PCC)

Marshall Goldsmith Stakeholder Centered Coaching

Everything DiSC

The Leadership Circle – 360 and Culture Survey Instruments

Myers-Briggs Type Indicator – Personality Assessment

Affiliations

International Coach Federation

Other

Sal is an avid rock climber and mountain biker, and has competed in six marathons and is an Ironman Triathlon finisher. He's active with Rocky Mountain Rescue, a nationally recognized search and rescue team based in Boulder, Colorado, where he lives with his wife and two sons.



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