Lorena Cohan  
**Biography**

Lorena is a certified leadership and life coach, well-being and resilience trainer, and international development consultant. In her coaching practice, Lorena specializes in working with mid- and senior-level professionals from nonprofits, international organizations, and the public sector in both the U.S. and Latin America. She has a passion for coaching emerging leaders, as well as individuals going through career change or transition. Lorena helps her clients become more effective leaders by blending leadership coaching with tools from the positive psychology, resilience, and mindfulness fields. She is eager to help leaders to focus on well-being and to build resilience skills, enabling them to improve performance and to have a greater impact in the communities and countries in which they work. Lorena uses a strengths-based approach; she blends empathy, curiosity and positivity to create a trusting environment in which her clients can flourish.

In addition to coaching, Lorena also consults for international organizations and nonprofits in both the U.S. and Latin America. She has expertise in program design and implementation, technical assistance, capacity building, and proposal development in the fields of youth development, urban crime and violence prevention/citizen security, and child protection in Latin America and the Caribbean. Lorena has worked in the international development field in Washington D.C. for 15 years, including almost a decade at the World Bank and nearly five years with various USAID contractors.

A natural collaborator, connector, and convener, Lorena excels at working cross-sectorally and in multi-cultural environments. She has extensive experience building lasting relationships with national and municipal government counterparts and key stakeholders and communicates easily with diverse audiences.

Lorena is a graduate of Georgetown University’s Executive Certificate in Leadership Coaching Program. She is certified in Applied Positive Psychology and in Resilience Training from the Flourishing Center in NY. Lorena earned a Master’s degree in International Affairs from Columbia University’s School of International Public Affairs, and a Bachelor of Arts in International Studies from Emory University. Originally from Argentina, Lorena is bilingual in English and Spanish. She now resides in Washington, D.C. and enjoys traveling and mindfulness meditation.

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