



Joshua S. Ehrlich, Ph.D.
Dean
Master's Program in Executive Coaching
jehrich@beampines.com

Josh is an organizational consultant, executive coach, supervisor and accreditor of coaches. He advises CEOs and facilitates top teams to achieve complex objectives. He coaches executives in leadership skills including communication, negotiating/influencing, network and relationship management, team building and stress management. He also provides career management coaching to help individuals prepare for advancement opportunities and transition into new roles. He is passionate about helping clients leverage their strengths and accelerate their learning. As a result, his clients consistently transform their impact and achieve extraordinary outcomes.

Josh is the Dean and founder of the BeamPines/Middlesex Master's Program in Executive Coaching, the first and only graduate program in the United States to offer an advanced degree in executive coaching. The program, an affiliation with Middlesex University in London, is part of an international consortium of Centers of Excellence in Executive Coaching. In addition to serving as a Master Coach in the program, Josh heads up our Educational Services Division which provides advanced training in leadership skills with a special emphasis on coaching and mentoring. Josh speaks to a variety of audiences about international standards and brings together coaches from around the world to teach best practices. He has contributed to the Wall Street Journal and appeared on Fox News and Voice America.

Josh has a practical expertise in stress management. His research at Yale and New York University and numerous articles have clarified the psychological and physiological mechanisms by which stress impairs effectiveness. Based on his findings, Josh works with his clients to develop their resilience to stress through mindfulness training. This discipline is invaluable for optimizing concentration, strategic thinking and creative problem-solving.

Josh directs the BeamPines Assessment Division which provides in-depth assessments and state-of-the-art surveys to individuals and teams. His coaching typically follows a structured process starting with insights from the Assessment, leading to a pragmatic Strategic Action Plan which then guides evidence-based coaching methodologies.

Josh was awarded a BA with Distinction in Psychology from Yale University, and received his MA and Ph.D. from New York University in Clinical Psychology. Josh is on the faculty of Middlesex University's Work-based Studies program in London. He is a member of The Worldwide Association of Business Coaches, The Human Resource Planning Society, The Society for Human Resource Management, The Society for Industrial and Organizational Psychologists, The New York State Psychological Association and The American Psychological Association. Josh is licensed as a Psychologist in New York State.

BEAMPINES, INC.

232 madison avenue 10th fl new york ny 10016

phone 212 476 4100 / fax 212 986 7798

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www.beampines.com