## GRIF SADOW, PCC, CPCC

901 North Third Street, Unit 405, Minneapolis, Minnesota 55401

612.333.7764… grif@growintomore.com

**Personal, Professional, and Organizational Development Coach and Facilitator**

Adaptable and strategic coach and facilitator who advances individuals and organizations through professional and personal leadership, mentoring and coaching services. Known for designing, implementing, and facilitating experiential-based learning that maximizes potential and achievement. Skilled at helping leaders, teams, and professionals improve work/life balance, creativity and innovation, relationship and team building, risk taking, and overcoming barriers to find more engagement, confidence, and achievement.

## PROFESSIONAL EXPERIENCE

**GROW INTO MORE, LLC**, Minneapolis, MN 2006 to Present

**Principal Strategist, Coach, and Lead Activator**

Coaches and motivates people to achieve seemingly impossible individual and organizational goals. Inspires and supports confidence, sustainability and change. Creates skill-building curriculum using multi-disciplinary and coaching principles to effectively address personal well-being, professional development, and organizational effectiveness. Uses innovative training and development ideas and tools that deliver strong gains in performance, productivity and profitability through in-person and tele-conference workshops.

* Leads thriving client-driven practice consistently increasing individual and organizational base and revenue projections since 2007. Grew to global client base in 2008. Strongly committed to client satisfaction, progress and design flexibility. Referral rates of over 50% with over 10% of practice pro bono clientele. Created collaborative business partnerships in 2010 enabling wider breadth and depth of services. Utilizes co-active coaching model and experiential-based learning as coaching practice foundation.
* Partners with the Benovate organization to offer leadership development and health promotion programs for organizations looking for an alternative employee benefit structures. Assesses, strategizes, and presents proposals and presentations. Responsible for developing and training coaching and consulting talent pool. Coaches all levels within an organization including developing potential leaders, C-Suite Executives, and Midlevel Managers.
* Coaches and mentors students enrolled in certification programs with the Coaches Training Institute and the International Coach Federation. Created supplemental curriculum for Associate Certified Coach portfolio track. Assisted over 30 students with program coaching, continuing education, feedback, exam preparation. Coaches beginning and intermediate coaches toward skill competency and mastery.
* Credited with bringing the Emotional Management Method for Individuals and Business to North America. Works with creators and global directors to implement coaching methodology and strategic vision. Tailors method, assessment, materials, and in-person and online training design to global audiences. Mentors and certifies practitioners, creating examination curriculum and procedures. Front-of-the-room-leader and spokesperson responsible for promotion and training site logistics.

* Selected as one of the initial “Circle Coach Leaders” for the Coaches Training Institute’s Quest program. Contracted to collaborate with and support front of the room leaders and lead assigned group instruction and activities. Developed and facilitated after-course individual and group coaching education programs.
* Co-founded the Twin Cities’ Coaching Collective, Twin Cities' Coaching Salon, Coffee Shop Conversations, and Balancing Act which introduced, demonstrated and promoted life coaching methods and tools to community and corporate audiences. Created, promoted, and lead Artist’s Way at Work, Retrain Your Brain, Improv for More, and Laughter Yoga workshops and presentations.

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**THEATREFERENCES**, Minneapolis, MN 1994 to 2006

**Founder and Lead Consultant**

Initiated, directed and facilitated more than 100 productions, tailored workshops, residencies and staff in-service sessions reaching more than 30 non-profit organizations and corporations. Programming included: artistic visioning and administration, theatre performance and production, administration and education, technical theatre design and construction, and experiential staff training and development. Strategic advisor to the Minnesota State High School League, school districts, and academic theatre departments. Engaged, educated and transformed youth, adult, immigrant, minority, corporate, creative and special-needs populations.

* Produced award-winning artistic and educational programs as Department Chair for high school theatre department. Partnered with administrators, teachers, parents, artists and community service organizations in more than 30 productions, leading teams of up to 100 participants. Expanded department artistic and educational program offerings to students and communities
* Increased student and community awareness by forming the African American and Multicultural Acting Troupes for area high school. After-school programs grew to credit class of more than 30 students, performing for more than 5,000 area students with a $12,000 semester budget. Worked with school districts on mandated integration and desegregation initiatives and programs.
* Conceived and implemented 18-month fundraising effort providing more than $200,000 in scholarships to 29 students and eight staff from Park Center High School to perform at the International Fringe Festival. Efforts resulted in the largest attendance/box office totals. Achieved unique performance and technical goals, recognized as one of the top 10 high school drama departments in the nation by the American High School Theatre Festival.
* Brought artists and diverse audiences together through dialogue and discussion as Artistic Director of Ensemble Productions. Produced socially relevant theatre, growing volunteer non-profit into financially sound, award-winning professional company. Hired, trained and directed a core team of paid playwrights, actors, technicians and administrative staff. Developed and lead theatre education and community outreach programming.
* Developed, coordinated, presented and evaluated theatre arts training and development to pre-kindergarten through adult populations. Lead process and product collaboration between theatre, movement, music, visual and literary art forms for preschool to adult populations. Reinforced skill building in special-needs and mainstream populations. Programs included residencies, lecture-demonstrations, plays, in-services and special projects.

**PREVIOUS FINE JEWELRY RETAIL AND WHOLESALE EXPERIENCE**

**Sales, Management, and Operations** Macy’s, CMW Gems, JB. Hudson

## EDUCATION and PROFESSIONAL CREDENTIALS

Certified Professional Co-Active Coach (CPCC), Co-Active Leadership Graduate

The Coaches Training Institute, San Rafael, California

Professional Certified Coach (PCC) – The International Coach Federation, Lexington, Kentucky

Certified Emotional Management Method Practitioner for Individuals (EMMI) and Business (EMMB)

Certified Laughter Yoga Leader (CLYL)

BS, Marketing and BA, Theatre - Arizona State University, Tempe, Arizona