

Patty Barrett

Facilitator & Leadership Coach

Enthusiastic, Innovative, Empowering

Loves her pets, comedy and deep chats.



In a nutshell

Patty started her career as an HR business partner before specializing in the design and facilitation of large-scale leadership development programs for global, matrix organizations... all while performing professionally as a comedian. She is an experienced facilitator and certified coach with a unique ability to engage participants with humor (and data!) to empower behavioral change and habit formation.

Key responsibilities

As an Artgym Practitioner, Patty combines her facilitation, performance, and coaching experience to lead engaging and effective sessions, mostly across North America. Her experience in leadership development and HR business partnering gives her a unique ability to hold participants accountable for business goals and strategy, while still holding space for the needs of the participants.

Areas of expertise

- Executive coaching
- High-performance teams
- Virtual & In Person Facilitation
- Leadership & management development
- Improvisational comedy
- Neuroscience-led behavioral change
- Confidence and resilience
- Building trust and psychological safety

Programs delivered

- Leadership & management development
- Executive coaching
- Team coaching
- Value-based coaching
- DEIB Initiatives
- Employee upskilling

How Patty makes a difference

Patty's purpose is to enable every human being to live their fullest life by their own values and on their own terms. That means encouraging leaders of all levels to have self-compassion, self-awareness, and the motivation to do uncomfortable things to make things happen.

Patty empowers participants with humor, self-awareness, and vulnerability. Her style is to connect with participants by meeting them where they are and providing space for them to believe what they're capable of. Her goal is to help everyone identify their unique leadership perspective, so they feel empowered to achieve extraordinary results.

Most proud of...

Her work at adidas co-facilitating leadership programs across North America. She was able to see first-hand how programs impacted the business by creating a-ha moments that changed behaviors, developed talent, increased engagement, and ultimately increased revenue.

Some companies she has worked with:

2seventy bio, 72andSunny, Adidas, AMP Agency, Criteo, Reebok.

Qualifications/certifications

- Degree in Public Relations
- ICF-Certified Coach, ACC
- Gallup Certified Strengths Coach
- Certified Insights Practitioner
- Human Resources Management Certificate

Awards

- Part of the team that won Gold in the Brandon Hall HCM Excellence Awards for 'Best Innovative or Unique Leadership Program 2021'

“I've had the privilege of participating in multiple training and development sessions with Patty - each time had me researching for the next one! What an amazing balance of technical expertise and a highly engaging, personable style.”

Micheal Sullivan:

Senior Director,
International OpCo, Reebok