



Dr. Andrea Hollingsworth

Dr. Andrea Hollingsworth coaches executives and senior leaders who want to lead with equal parts head and heart, holding high standards for performance while prioritizing genuine care for others and for themselves. In her one-on-one work, she helps clients develop the inner grounding and interpersonal acumen that today's leadership demands, so they can stay steady, clear, and connected even in seasons of intense pressure and change.

What sets Andrea apart is her background as a trained psychotherapist. She is exceptionally skilled at going deep, helping leaders uncover and shift the longtime limiting thought patterns that keep them stuck in cycles of toxic stress, overwork, and self-criticality. Clients describe her coaching as both rigorous and remarkably kind, a space where honest self-examination becomes possible because compassion is always in the room.

*Andrea is the Founder and CEO of Hollingsworth Consulting and the author of the bestselling, award-winning book *The Compassion Advantage: How Top Leaders Build More Humanizing Workplaces* (2024). Since 2008, she has been researching, writing, and speaking about the science of human emotions and relationships, with more than a dozen publications in peer-reviewed journals and teaching posts at institutions including Princeton, Boston University, and Loyola University Chicago. She brings this depth of scholarship to every coaching engagement, grounding her work not in gut instinct alone but in what the research actually shows about resilience, self-compassion, and sustainable high performance.*