

Sandra Hart - Growth Coach of Bethesda Maryland

As business owners, entrepreneurs and company leaders, we all want to build our businesses, grow our teams and find personal balance, but sometimes it takes stepping back and working with a coach to get there. I'm Sandra Hart, The Growth Coach of Bethesda, and I'm excited to be that resource to help you create a brighter future for you, your employees and your company.

I offer group and one-on-one coaching for business owners, sales professionals, managers, management teams, self-employed professionals and more. I am certified in The Strategic Mindset © coaching process, which adheres to the standards, practices, and policies that the International Coaching Federation has outlined in their Code of Professional Standards and Ethics.

Prior to The Growth Coach, I spent 25 years in education. I worked as a teacher, an assistant principal, principal and a coordinator and consultant for the International Baccalaureate program. I coached fellow educators, led organizations, built improvement programs and worked directly with students. My passion has always been to solve problems and help people learn and grow. As my career has progressed, I've also found a love for helping adults with professional development.