

KATY

SENIOR CONSULTANT & COACH

Your trusted advisor and thought partner on all things leadership, talent, and culture.



DR. KATY ESQUER, PSYD, MBA

Katy specializes in navigating the difficult parts of leadership, including repairing ruptures, adapting to change, and enhancing executive resilience. Her approach to change integrates somatic practices and nervous-system regulation techniques to refine executive presence, communication fluency, and emotional agility. She emphasizes alignment in leadership and helps executives bring coherence between their internal values and external behaviors, while fostering workplace and life wellness.

With over a decade of experience at the intersection of psychology, leadership, and organizational growth, Katy has held both internal and external consulting roles. She has designed and delivered leadership development programs, facilitated group coaching experiences, and partnered with senior leaders navigating complexity and change. Whether supporting individuals through organizational transitions, high-stakes decision-making, or leadership conflicts, Katy brings both depth and practicality to her work.

Katy earned her PsyD in Clinical Psychology and MBA from Widener University. She also holds a Bachelor's degree in Psychology from St. Joseph's University. A forever learner, she is also certified in Zenger Folkman's The Extraordinary Leader™ 360-degree assessment and is currently pursuing Hogan certification, expected in Fall 2025.

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