

# CARRIE SACKETT, MS, PCC

## **Short bio**

Carrie Sackett, MS, PCC is a coach, method innovator and ICF-accredited trainer. She is the founder of Social Therapeutic Coaching and the author of a book by the same title (Routledge, 2024). Through her work, she advances the coaching industry with accessible practices for emotional growth and relational awareness that apply across all coaching specialties.

## **Long bio**

Coach trainer, author, speaker, and recognized leader in coach innovation, Carrie Sackett, MS, PCC, brings over 25 years of corporate and international nonprofit experience to her current roles. She is passionate about reigniting social and emotional connection—at work, in relationships, families and communities. She is the founder of Social Therapeutic Coaching and the author of a book of the same title (Routledge, 2024).

Carrie leads trademark Life Development Groups where she helps clients develop relationship-building skills and is known as America's Loneliness Coach. In 2023, she launched her ICF-accredited training and certification company, offering advanced tools for coaches across specialties. Industry leaders and trainees describe her work as “paradigm-shifting” and a “game-changer.” Carrie also delivers lectures and customized trainings to university coaching programs and international coach organizations.