



Yvonne C. Acquafredda, MBA, MCC, NBC-HWC

Executive & Leadership Coach | Sustainable High-Performance Specialist

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Yvonne Acquafredda is an elite-tier Executive Coach and Performance Specialist who partners with senior leaders, C-suite executives, and cross-functional directors to drive strategic organizational execution. Utilizing a powerful triad of corporate strategy (**MBA**), behavioral mastery (**ICF MCC**), and evidence-based lifestyle science (**NBC-HWC**), she specializes in optimizing leadership communication, scaling executive presence, and building the deep cognitive and physical resilience required for executive success.

Areas of Coaching Expertise

- **Executive Presence & Impact:** Aligning communication, personal brand, and strategic influence.
- **Cross-Functional Leadership:** Navigating matrixed global structures and complex stakeholder networks.
- **Sustainable Performance:** Mitigation of corporate burnout, stress architecture, and energy management.
- **Strategic Communication:** Fusing human psychology and behavioral data to optimize team dynamics.
- **Behavioral Transformation:** Driving long-term, measurable changes in leadership execution.

Coaching Methodology & Philosophy

My coaching framework acts as an accelerator for leaders navigating rapid change. Rather than imposing operational biases, I leverage clean, evidence-based behavioral coaching models. I meet leaders at the exact intersection of business strategy and personal sustainability. By combining corporate literacy with deep coaching science, clients learn to influence without authority, manage elite-level stressors, and align their personal leadership style with organizational metrics.

Professional Credentials & Education

- **Master Certified Coach (MCC)** – International Coaching Federation (ICF)
- **National Board Certified Health & Wellness Coach (NBC-HWC)** – NBHWC
- **Master of Business Administration (MBA)** – Northeastern University
- **Bachelor of Science in Communication and Psychology** – University of Miami

Selected Corporate & Industry Experience

Prior to launching a dedicated coaching practice, I built a foundational career navigating complex matrixed dynamics within large national and global organizations.

- **Corporate Marketing Experience:** Managed cross-functional brand and communication initiatives across global enterprise landscapes.
- **Enterprise Coaching Footprint:** Vetted and active coach for premier global leadership networks, delivering hundreds of hours of high-impact coaching to VPs, Directors, and Emerging Leaders across Technology, Healthcare, Finance, Retail and other sectors.