



Sandy Lamb

Owner and CEO of Altitude Executive Coaching, International best-selling Author, International TEDx speaker coach

Sandy's superpower is that of human connection. She prides herself on being selective when it comes to her coaching to ensure an aligned fit. As owner and CEO of Altitude Executive Coaching, Sandy will help you build a culture of belonging and mutual respect in the workplace by focusing on leading authentically with emotional intelligence.

Sandy graduated from Johns Hopkins University with an MBA in International Business. She spent her career working in program management within many male-saturated industries, including nuclear power, engineering and construction. She sits on several Advisory Boards, including *4Word*, *Tomorrow People Organization* and the *Women in Leadership Program* at UCCS. She has traveled the world to share her passion for return on empathy (ROE) on stages across the U.S., Canada, and Southeast Asia. She is also an international Tedx speaker coach and has helped 20+ people to land on the big red dot in both the US and Italy.

Sandy resides in Colorado Springs and has three grown children that she enjoys spending quality time with. In her "blended" time, she loves to hike, do hot yoga and attend bible study. Her and her husband of 26 years enjoy learning Goju-Ryu karate and have made it to Purple Belt in 2023.

