



Colin Guthrie, Ph.D.

COACH & CONSULTANT

"Early in my relationship with Colin, I expressed the need for leadership development work to have measurable, relevant outcomes for the business or the project. Colin has created unique engagements focused on teamwork, designed around real-time business strategy and implementation. These have been particularly satisfying, as the work associated with these programs has been seen less as an "add-on" to the team's work and more as important work we would have needed to do regardless."

- Gerry Chasse, COO Tampa Electric (Retired)

ABOUT COLIN

- **INDUSTRY EXPERIENCE:** Energy & Utilities | Legal | Professional Services | Food & Consumer Products | Olympic & Professional Sports
- **30+ years advising C-suite leaders and senior teams**, with a performance-psychology foundation built as a professional athlete and sport psychology consultant
- **C-suite Engagements:** CEO succession planning, post-merger leadership integration, customer experience transformation, and cultural change across legal, energy, and professional services organizations
- **Certified Mental Performance Consultant**®
- **Ph.D. in Kinesiology/Behavioural Science** from Temple University (2008); Kinesiology degrees from Dalhousie University (1998)
- **Citizenships** in the US, Canada, and the UK

Colin Guthrie helps senior leaders build and sustain what he calls "winning conditions" — the mindset and structure behind consistent high performance.

Colin's coaching is built on a track record of hands-on work with C-suite teams. He spent an intensive three years embedded in the legal department of a Fortune 200 oil field services company, guided CEO succession and talent development for North America's largest seafood processor, and led high-potential development programs at one of the Big Four accounting firms. He has also advised CEOs through post-merger leadership integration, customer experience transformation, and cultural change at electric utilities from Tampa to Halifax — work that spans some of the highest-stakes transitions a leadership team can face.

That business experience is grounded in a performance-psychology foundation few executive coaches can match. As a former professional athlete and sport psychology consultant, Colin spent years in elite performance environments, including service as a mental performance consultant to Olympic sailors and coaches across three Olympic Games. That background sharpened a core belief he now applies in the boardroom: performance under pressure comes from preparation, role clarity, and staying focused on consistency over any single outcome.

His approach with executives is direct, drawn from experience rather than theory. He teaches leaders to keep their "head on a swivel" — staying attuned to the wider environment rather than fixating on what's immediately in front of them — and to build the conditions that let strong performance repeat itself under pressure.

