

Emily Bennington

ACC, SHRM-CP



Emily Bennington, ACC, SHRM-CP is a leadership and empowerment coach who partners with emerging leaders as they grow into their voice, their confidence, and their impact. She is an ICF-certified coach and a graduate of McLaren Coaching's year-long Transformative Coaching Essentials program. Emily brings more than thirteen years of Human Resources experience across higher education, software, accounting, insurance, and retail. Her inside view of how organizations really work, and how much a caring leader shapes the people around them, gives her coaching a practical and real-world edge.

In her one-on-one work, Emily partners with individuals who are highly capable but feeling stuck, unsure of their next step, or quietly holding themselves back. She helps them get clear on what matters most to them, move past self-doubt, and speak up for themselves with confidence, whether that means stepping into a new role, asking for what they have earned, or finding a path that fits who they are. Her approach is warm, grounded, and trauma-informed. She builds trust quickly and creates space for honest reflection, so clients leave with both clarity and the courage to act on it. Alongside individual coaching, Emily facilitates group learning experiences, including community-based programs in the nonprofit sector.
