

Manya Arond-Thomas, M.D.

Coaching Bio

Manya Arond-Thomas brings over 2 decades of experience to her work as a coach, consultant and trainer. Trained initially as a physician, her coaching approach offers a fresh perspective on the integration of individual performance, capability, and well being with business results. She has demonstrated expertise in leadership and executive development, team building, systems thinking and transformational change. As an experienced facilitator, she has the ability to work with a wide range of professionals and leaders, while demonstrating competence for co-creating safe and innovative learning environments.

As a physician, she practiced General Adult Medicine and Psychiatry, both as staff physician in community and university health centers as well as in private practice. In addition to clinical practice, she served as acting Medical Director for a community health center.

Her clients currently include a variety of public and private sector organizations. She has worked one-on-one with leaders in the pharmaceutical, energy, banking, financial services, consumer products, and manufacturing industries and with professionals in healthcare. She currently provides executive and team effectiveness coaching at Ford Motor Company, Pfizer Pharmaceuticals and DTE. In the past year, she has also worked with executives from Bank One, Home Depot, CNA Insurance, and FMA Bank. Other recent non-profit clients include Washtenaw County of Michigan, Washtenaw United Way, Make A Wish Foundation, and the Hemophilia Foundation,

In her coaching Manya draws on a wide variety of disciplines and practices based in interpersonal effectiveness, emotional competence, strategic planning, and change management. She co-generates conversations that build a leader's capability to achieve personal and organizational strategic objectives through moving beyond self-limiting thought patterns and behaviors. With individuals and groups, she supports genuine change by integrating skillful use of intention, reflection, dialogue and action to transform vision into reality.

Manya holds a B.A. from Harvard in Social Relations and Human Behavior, an M.D. from the University of Massachusetts, with post-graduate medical training from Brown University and the University of Michigan. She is also trained and experienced in business and developmental coaching, planned change and organizational development, and in the use of approaches to large-system change such as Preferred Futuring and the Technology of Participation (ToP).