Kara Glassman

Leadership Coach & Trainer

Lead Every Day

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About Kara

Kara Glassman is an organizational psychologist practitioner, consultant and ICF-certified leadership coach who helps leaders and teams do their best work by connecting the science of human behavior with the realities of organizational life. Grounded in a Master's in Industrial-Organizational Psychology, she partners with executives, emerging leaders, and teams to strengthen leadership effectiveness, navigate team dynamics, and build cultures where both people and performance thrive.

Kara brings rigor and warmth to every engagement. Her approach is evidence-based yet deeply human, analytical yet approachable, creating space for leaders to reflect honestly, build self-awareness, and turn insight into action. She is especially passionate about the role of emotional intelligence in organizational effectiveness and how leaders show up for their teams.

Over the past decade, Kara has worked in corporate environments and human capital consulting, supporting organizations through people strategy, leadership development, culture, and change. Her background in event management adds an operational edge: she knows how to design experiences, from intimate workshops to large-scale gatherings, that engage people and deliver results.

Today, Kara works with clients through one-on-one executive coaching, team development, and organizational consulting tailored to each client's goals. She helps leaders assess where they are, clarify where they want to go, and build practical plans to get there. She is known for having a calming presence and genuine compassion, which helps build deep connections with clients.

Beyond her client work, Kara has spent time giving back through organizations such as Catchafire, Project Basta, and Women's Impact Alliance, with a particular commitment to education and women's well-being. She lives in New York with her husband and their Portuguese Water Dog. When she's not working, you can find her at Pilates, trying new recipes, or planning her next trip.