



## Caroline Rook - London, UK

Caroline is a Lecturer (Assistant Professor) in Leadership at Henley Business School, UK. She teaches on MBA and MA Leadership programmes in the areas of leadership and change, leadership development, coaching and research methods. Her research relates to creating healthy and productive workplaces through exploring the links between leadership and well-being in organisations.

She has been involved in research and practice related to the topics of leadership, well-being, stress, authenticity and coaching for some years at Henley Business School (UK), Ashcroft International Business School (UK) and INSEAD (France). A trained Psychologist, Caroline also holds a PhD in Leadership Studies from the University of Exeter Business School, Centre for Leadership Studies (UK).

In her teaching, research and coaching Caroline combines a pragmatic mind with solid intellectual curiosity, which allows her to gain deep understanding of how people function in organisations and how to create healthy workplaces.

Caroline is experienced in individual and group coaching with executives and her research on best practice in executive coaching is published in leading publications such as International Coaching Psychology Review, the Harvard Business Review Blog Series and INSEAD Knowledge. She holds a Professional Certificate in Coaching from Henley Business School.

At KDVI, Caroline is involved in research and client work focusing on creating healthy performance in organisations.

### Areas of expertise:

Global Leadership, Female Leadership, Change Management, High Performance Teams, Intercultural Teams, Health & Stress Management, Resilience

### Qualifications:

Dipl.-Psych. (MSc) in Psychology  
PhD in Leadership Studies  
Professional Certificate in Coaching

### Certifications:

KDVI 360 development tools

### Languages:

German  
English