

## PAIGE BENTLEY

Paige Bentley is a leadership development coach, AAMC faculty member, and clinical counselor with more than 20 years' experience in higher education, academic medicine, and industry. She is passionate about helping leaders clarify and manifest their unique strengths and vision. Her collaborative coaching approach is informed by her clinical training and experience in human development, interpersonal dynamics, holistic well-being, and applied mindfulness. Working with thousands of clients over the years, her work is grounded in the perspective that her clients are innately resourceful and whole, that change and growth occur in a non-judgmental environment that balances challenge and support, and that inspired action emerges from self-understanding and self-leadership.



Paige holds a Ph.D. in Counseling & Counselor Education. She is a faculty member at Wake Forest University School of Medicine, serving as Director of Counseling & Well-Being Services and as part of the internal physician coaching team. She also owns a thriving private practice. Paige brings additional academic experience from her tenure at UNC School of the Arts, as Clinical Director of Counseling Services at UNC-Asheville, and as an adjunct professor. Paige began her career in journalism and public relations where she served as Vice President and Director of Client Services. In those roles, she managed business development and led teams in creating and implementing marketing and communication plans for clients in non-profit, government, and industry sectors.

At the School of Medicine, she spearheaded the growth of a nascent counseling program into an internationally accredited center, and partnered with medical center deans, faculty, and staff to build a culture dedicated to holistic well-being. As faculty, she created and facilitates a number of professional development and stress management programs. She serves on several nationally funded research grants focused on mindfulness-based interventions for both healthcare professionals and patients. She is a published scholar and invited speaker on such topics as applied mindfulness, flourishing, burnout, and group processes.

Paige is a Licensed Clinical Mental Health Counselor Supervisor (LCMHCS), Associate Certified Coach, Registered Yoga Teacher, and Somatic Experiencing Practitioner. Paige is certified in an array of assessment instruments, including the Center for Creative Leadership's 360 suite, WorkPlace Big 5, and FIRO-B, among others.