



HEIDI SADECKY

Coaching & Consulting



HEIDI SADECKY

WORKPLACE LEADERSHIP EXPERT

EXECUTIVE COACH • LEADERSHIP & WORKPLACE CULTURE EXPERT

Helping leaders understand why people behave the way they do at work and what leaders can do about it.



AVAILABLE FOR TV • RADIO • PODCASTS • KEYNOTE INTERVIEWS

FEATURED INTERVIEW TOPICS



MY BOSS IS A MICROMANAGER. IS QUITTING THE ONLY OPTION?

Why do good managers become micromanagers? Heidi explains what's really behind controlling leadership, how it affects employees, and what both leaders and employees can do to build trust again.



WHY DOESN'T ANYONE WANT TO GO TO WORK ANYMORE?

From burnout and disengagement to poor communication and lack of accountability, Heidi explores the real reasons employees lose motivation and what organizations can do to rebuild a healthy culture.



CAN A TOXIC WORKPLACE BE FIXED?

Most toxic workplaces don't happen overnight. Heidi explains the behaviors that create unhealthy cultures, why they persist, and whether it's possible to turn them around before great employees walk away.

TRUSTED BY LEADERS FROM:

Allegheny Health Network

Johns Hopkins

Hershey

Alcoa

Ace Hardware

Special Olympics

Endo Pharmaceuticals

PolyOne

Keenova Therapeutics

MedBill

ABOUT HEIDI

Heidi Sadecky, MA, PCC, CEC, is a Workplace Leadership Expert, Executive Coach, and one of only 28 Townsend Leadership Program Directors in the United States. She works with executives, emerging leaders, nonprofit organizations, and corporate teams to strengthen workplace relationships, improve communication, and develop leaders who inspire trust, accountability, and lasting results.

Recognized as one of Pittsburgh's Best Executive Coaches, Heidi is known for helping audiences understand the human side of leadership by explaining why people behave the way they do at work and offering practical strategies that leaders can use immediately.

CREDENTIALS

- Director, Townsend Leadership Program
- ICF Professional Certified Coach (PCC)
- Certified Advanced Executive Coach
- Gallup Certified CliftonStrengths Coach
- Certified Working Genius Facilitator
- EQ-i 2.0 & EQ360 Certified

QUESTIONS HEIDI ANSWERS EVERY DAY

Why do I dread going to work?

Is my boss the problem...or am I?

How do I deal with a micromanager?

Can a toxic workplace ever be fixed?

Why are good employees checking out?

Is it time to quit—or should I stay and try to make it work?



- 2026 Best Executive Coach in Pittsburgh Digital Reference
- Top 20 Most Influential Women Leaders in Western Pennsylvania Pittsburgh Professional Women

“By focusing on healthy relationships, embracing accountability, and being willing to change, we become more effective leaders and better humans.”

— HEIDI SADECKY —

Helping organizations build healthier cultures, stronger leaders, and workplaces where people thrive.



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