

TOP LEADERSHIP COACH  
FOR HIGH ACHIEVING  
WOMEN

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# SOHEE JUN Ph.D

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EMPOWERING WOMEN  
LEADERS TO UNLOCK THEIR  
TRUE *POTENTIAL* AND REACH  
EXTRAORDINARY *LEVELS* OF  
AUTHENTIC SUCCESS



Sohee Jun, Ph.D., is a premier leadership coach for women, mindset expert, bestselling author, corporate leadership facilitator, TEDx and keynote speaker, and contributor to Forbes and Entrepreneur. She combines a Ph.D and Master's in Organizational Psychology with invaluable executive and leadership experience at organizations ranging from the NASA Jet Propulsion Lab to Bank of America to Warner Bros. Entertainment. Dr. Sohee's 20+ years transforming the personal and professional journeys of highly successful women, leaders, and celebrity clientele have earned her a place among the world's most sought-after executive coaches and membership in the prestigious Forbes Coaches Council. Additionally, her work as a bestselling author, award-winning speaker, and leadership development facilitator for Fortune 500 companies have established Dr. Sohee as the go-to thought leader and solutions-based practitioner on the complex work and life challenges facing women today.

In her previous book, the Amazon Bestseller *Mommy Tracked: How to Take Authentic Risks and Find Success on Your Terms*, Dr. Sohee, who is also a mother of three, spoke from both the heart and "I've been where you are" corporate experience on balancing the tightrope between motherhood and career. An inspiring primer on tapping into your inner core at different phases of your life, *Mommy Tracked* resonated with readers for its focus on defining success through reflection, and taking small actions that lead to a more authentic life.





# SOHEE JUN Ph.D

## Building Your NEW Paradigm of AUTHENTIC Success

Dr. Sohee brings her actionable wisdom and inspiring presence to corporate audiences as both a leadership development facilitator and speaker. She has worked with a wide variety of organizations providing executive and team coaching, seminars, conferences, workshops, symposium kick-offs, and DEI&B panels, and earned rave reviews for her uplifting, unforgettable keynote speeches for large audiences and women's leadership events.

Dr. Sohee's expertise is backed by a Ph.D. and Masters in Organizational Psychology, a Bachelor of Science in Psychology, and multiple certifications in leadership and assessment tools, such as Team Coach Certification through GTCI. Her academic education was supplemented by mentorships with globally recognized thought leaders such as Marshall Goldsmith, Selena Rezvani, Chelsea Pottenger, and Maya Hu-Chan. But as Dr. Sohee is the first to proclaim, unlike theorists and academics, her practice has been shaped by her own personal experiences as the child of hopeful immigrants, an ambitious leader with a large team and many frustrations, a mom that who works her schedule around doing the "morning run" with her kids, and as the indispensable coach to a tribe of high-achieving women that inspire her on a daily basis.



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**MOST Magazine was honored to get the chance to sit down with Dr. Sohee Jun in an exclusive interview to find out more about how she builds success for her clients.**

**Q: How can an organization calculate the positive impact of having a woman as a leader?**

- 1. Retention rates of employees and customers.**
- 2. Customer service metrics and rates of satisfaction from customers/clients**
- 3. Employee engagement survey scores.**



**Q: What factors impact a woman's ability to lead others? Do you feel women are natural leaders?**

**Absolutely!! I passionately believe that the way women lead is what's needed at the top levels in companies, now more than ever. We connect and collaborate differently – in a way that brings about inclusion and a synergistic play of ideas that brings about really great possibilities. I also think men do this too and the difference is it's not valued enough. There is a lot of stereotyping that still exists of what a male leader looks like and what a female leader should do to succeed. The tides are changing slowly and there's still so much more work to be done.**

**Q: What is the greatest quality of a strong female leader ?**

**Vulnerability.**



**Q: Who or what inspired you to be a Leadership Coach and why?**

What inspired me to be a leadership coach was following “the breadcrumbs” and tuning into where I made the most impact using my natural strengths/skills of intense curiosity, ability to listen for the nuances and where I was most energized. I also started pretty broadly in my career early on in the field of Organizational Development which meant that I was in a “playground” of trying out different things like working with leaders on training, facilitating, strategy, culture, and employee engagement and coaching. What I noticed was how profound the coaching relationship was for the client and the amazing results one could get through my work with them. And, tuning into that I honed in on coaching as the way I wanted to serve. Having been a leader of teams, I also acutely understand the pressures of leading, managing and the transitions within leadership itself. Leading is a very dynamic landscape today and so it keeps me, as the coach, on my toes to understand all the changes. I also deeply admire coaches like Marshall Goldsmith, who have gone before me, to pave the way for coaching. He’s been an inspiration for sure.

**Q: What’s the most dangerous behavior/trait that you have seen derail female leaders’ careers?**

Imposter syndrome. Letting our insecure beliefs that we need to lead differently or be anyone else other than who we naturally are, get in the way and dominate how we show up. This can really create misalignment between who we are and how we show up as we take on a different persona to fit in.

**Q: How do you encourage women to not give up?**

I think this is a personal question – I encourage women to tap into what works for them to keep them in what I call, ‘the long game.’ That means, if you need to have a mentor in your life to keep you inspired and going, do that. If you need to find a community within your workplace, join a women’s ERG to find affinity and connection to not give up, do that. It’s all about doing what works for you and that starts from a place of knowing yourself.



**Q: In your opinion, do women have a hard time getting promoted?**

Yes and no. I think that many women are stuck when they believe and live by the old mantra of “keep your head down, don’t talk about your accomplishments, don’t raise your hand – wait to be picked...” these types of beliefs when we are not aware of them and let them rule how we show up and how we live our work lives is absolutely dangerous to confidence and as a result, impacts how and what we do at work, which then means we don’t go for the promotion or the big visible projects or take that risk and ask for the promotion in the ways that men do. This results in less women being promoted.

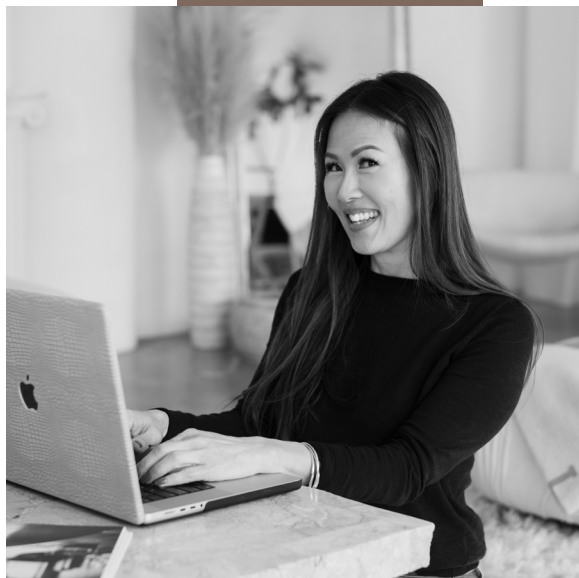
On the flip side, if we are aware of those limiting beliefs, actively work to go against it and show up for the things you want and act in accordance to it, then the woman will get the promotion.





Q: What do you like doing in your spare time?

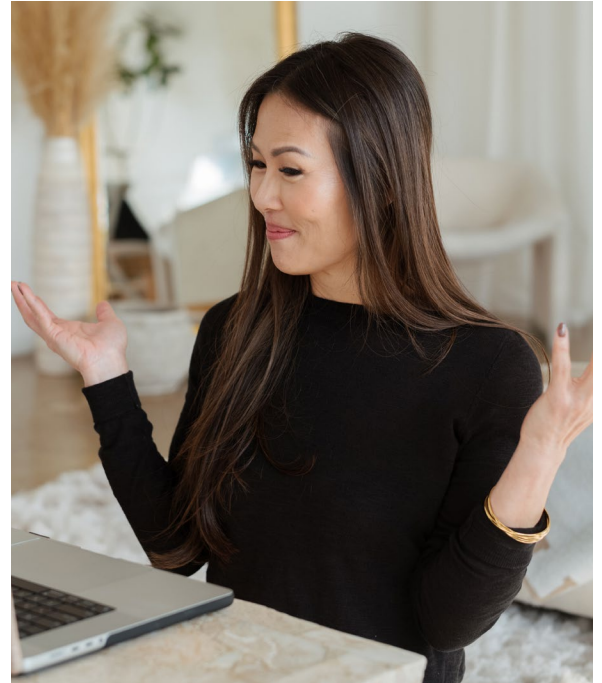
I absolutely LOVE finding new coffee shops and reading. I'm also a girls girl and make time to gab with my friends and just laugh. We all need more laughter and levity in our lives; so I find time to connect and, this one is a call to my childhood self; I LOVE reading. Books, physical ones you can hold, that's my happy place



Q: How do you balance career, personal life and passions? Is there such a thing as balance?

Oh wow...here's my mantra, all women MUST BREAK UP WITH BALANCE. Lol. My belief is that when we "chase balance and see it as a measure of our worth and success – that is dangerous and leads to 2 roads: burnout and resentment. Chasing balance is unachievable for any sustained amount of time and it takes a tremendous toll on our physical, mental and emotional health to try to chase it and keep it going.

If not balance, then what? Honor the season of life you're in and integration. It's about integrating your priorities based on where you are in life. Let go of what it "should look like", let go of "doing it all for fear of disappointing people" because at the end of the day, you end up disappointing yourself.



Q: What did you learn about high-achieving women when writing the book?

That imposter syndrome is real at all levels. No matter if you're at the start of your career, mid or later years in life. It just looks different and the inner critic may be quieter at times but boy do we all have it.



Dr. SOHEE JUN,  
is a *premier leadership coach with 20+ YEARS history transitioning highly ambitious and successful FEMALE leaders.*





# Exclusive Interview

Q: What projects are you currently working on?

I'm happily coaching my clients which is always there as the foundation of what I do; and I'm in the process of creating a really great program / membership around mindset to make it more widely available to access coaching with me.

Q: What are the ways for women to stay grounded and take care of themselves?

Understand what helps you stay centered, make a list of those actions that do that for you and then pick 1 or 2 as daily non negotiables. Yep, I said daily. Then, write it into your calendar. What isn't written down doesn't get done – trust me.

No one will magically create space for you to do them so if you're not giving to yourself; at the end of the day; you'll be left with nothing and no energy which isn't a nice way to care for you and your health and the long term.

For me, I've learned that meditation and daily movement are my non negotiables. So, first thing upon waking, I meditate and then I fit in the movement in the morning, is ideal, and if that doesn't work because life happens (and oh, btw, I have 3 kids which means things get tossed up a lot!) I fit it into my day, every day. Walking, gym, running outside, yoga, stretching, whatever it is that my body needs that day

Q: Is your life now anything like what you imagined for yourself?

This is a great question .... Honestly, I don't think I could've imagined a life like this for myself. A life where I am grateful every.single.day to be doing what I do, coaching women to be the best leaders they can be, speaking, writing 2 bestselling books?

I say all that because I am an immigrant who came to the U.S. at the age of 6 from South Korea. I didn't know a lick of English, I was made fun of a lot, I tried desperately to fit in and find connection despite all of that and my childhood was very unstable and so no. So, no - I didn't think I'd end up being a top leadership coach to females and yet it all makes sense when you follow the breadcrumbs of your life in terms of going for what gives you energy. I did that, luckily, by following my intuition, sticking it out through the challenging times and moments and when I look back, it all makes sense to where I am now.

Q: What do you hope to accomplish within the next two years?

In the next two years, I'll have put out 2 more books, been at the worlds biggest stages for speaking on topics like imposter syndrome, female leadership and my journey/story as a high achieving female and oh yea, on the couch with Oprah to talk about all of that.

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