

Elena Cartasegna

Fellow of the Oxford Leadership Academy, Sweden



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Elena Cartasegna is a Fellow of Oxford Leadership Academy, Sweden.

Elena's work with management teams, high potentials and individual leaders is inspired by her commitment to create and participate in processes with a significant upside for profit, people and planet.

She draws from a pragmatic blend of professional skills she's learned through well over two decades of direct experience in leadership, entrepreneurial and facilitation roles with some of the world's most admired brands.

Her industry experience includes sporting goods, banking and financial services, high technology, energy, automotive, construction, city government, advertising, media, health and wellness, employment recruitment and social enterprise/not-for-profit.

Passionate about cultural understanding, she's lived and worked globally throughout her career, getting to know people - their way of life, values and perspectives - throughout Europe, North/Central/South Americas, India, Australia and New Zealand.

In addition to her corporate management and leadership roles, Elena's expertise in individual and collective change comes from comprehensive professional training in mindfulness-based coaching and psychotherapy as well as from twelve years teaching yoga and meditation internationally. Most intimately though, she understands the process of change through her own dedicated mindfulness, yoga and meditation practices, which she has engaged in for twenty-three continuous years, and still counting.

Elena's employers and clients have included amongst others: NIKE, Wieden + Kennedy, Subaru, SEB Bank, Nordea Bank, Handelsbanken Bank, FMC Technologies, Randstadt/Vedior, PEAB Construction, The City of Portland, Portland General Electric, NAU Sportswear, KPJ Ashtanga Yoga Institute, Good Magazine, Planned Parenthood of America and Farm Aid.