

# About Dr. Mandy Lehto



Dr Mandy Lehto is an expert on high performance, especially in private equity, investment banking, law, and tech.

Her clients are senior executives around the world who are looking to get more out of their leadership -- and their lives.

They're often seeking a promotion, more leadership confidence, or insights on next career steps. They're seeking an experienced coach with IQ and EQ, who'll mess with their thinking.

High-level leaders describe working with Mandy as provocative, challenging and uncomfortable. But they say, "I trust you."

Her clients include Rothschild, Bulgari, Weil, Gotshal & Manges, Smith & Williamson, Henkel, Evercore, Cinven, Oracle, HSBC, Montagu, UBS, Nestle, PAI Partners, Whitehorse Liquidity Partners, the Cambridge University Endowment Fund, and Quintet Private Bank.

Mandy has a Doctorate from Cambridge University.

In her former career, she was a Director at a global investment bank, working in Fixed Income Sales covering hedge funds and central banks.

Mandy is a former columnist for Psychologies magazine. She has written for (or featured in), The Sunday Times, Psychology Today, Top Sante, The Huffington Post and on CNBC.

She's also the host of Enough, the podcast on Spotify and iTunes.

She's a member of 4PC, the invitation-only coaching community for some of the world's most extraordinary coaches. She's also a member of the Association for Coaching.

When Mandy isn't working with leaders, she's parenting her two musical teenagers with her husband, or walking Herbie, her toy poodle, on Wimbledon Common.



**LINKEDIN**  
@mandylehto



**INSTAGRAM**  
Mandy Lehto



**PODCAST**  
Enough, the Podcast  
on Spotify & Apple