



Lorna Sedor

Professional Expertise/Services

Lorna Sedor is the principal consultant and owner of Verve Consulting, LLC, offering organizational effectiveness and leadership development services. Lorna draws upon 25 years of experience as an organizational development practitioner, corporate trainer and leadership coach. She has worked as an internal consultant with Fortune 500 companies, including CIGNA, The Hartford, Aetna and most recently Travelers, where she held leadership roles focused on leader development, coaching, and change management. Lorna has a strong track record designing and facilitating programs in leadership and management, teambuilding and collaboration, and organizational performance. She has developed and led organization-wide initiatives for succession planning, customer service and employee engagement and created and implemented programs for up and coming leaders, where she coached individuals in self-management, emotional intelligence, and adaptability. Lorna’s unique background as a social worker early in her career continued to inspire her work with nonprofit organizations, including the Leukemia and Lymphoma Society, where she served as National Training Director, and Yale Health Care Systems, Leadership Institute.

She left her position at the Travelers as Vice President of Leadership and Organization Development in October 2010 to launch her own consulting practice.

Recent Assignments

Travelers: drove talent and leader development processes in UK, Ireland and Canadian operations; managed pipeline program for senior leaders, *The Leadership Challenge*, and trained and coached 400+ leaders in three years; led talent development ‘community of practice’ team and introduced 360-feedback process enterprise-wide for developing leaders; Northeast regional lead trainer for Diversity & Inclusion Initiative.

Education and Professional Affiliations

- B.A. Syracuse University, Syracuse, New York
- M.S.W. University of Connecticut, West Hartford, CT
- Professional certifications in Emotional Intelligence (ESCI®), Benchmarks® 360-degree feedback, Myers-Briggs Type Indicator®, Appreciative Inquiry, Leadership Challenge®. Adjunct faculty at UCONN School of Social Work and Capital Community College.

Contact Information

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