

Influential Women Showcases Kathie McCarthy: HR Director At Whittlesey And Executive Coach At 4 Purpose Coaching

HARTFORD, CT, UNITED STATES, June 24, 2026 /EINPresswire.com/ -- Driving Organizational Growth, Leadership Development, and People-Centered Strategy Across Professional Services

Hartford, Connecticut — Kathie McCarthy, SPHR, SHRM-SCP, CPCC, ACC, is a seasoned human resources executive and executive coach with more than 30 years of experience leading strategic people initiatives across the advisory and accounting industries. As Director of Human Resources and HR Advisory Services at Whittlesey, she oversees comprehensive HR strategies designed to support organizational growth, operational excellence, and employee engagement. Her expertise includes human capital strategy, compliance, talent development, succession planning, and change management, positioning her as a trusted advisor to leadership teams navigating complex workforce challenges.



In her leadership role at Whittlesey, Kathie plays a key part in aligning people strategy with business objectives, helping the organization strengthen its culture while supporting continued growth and industry recognition. Her work focuses on building scalable HR frameworks that enhance employee experience, improve leadership capability, and support long-term organizational success.

Beyond her corporate leadership role, McCarthy is a certified executive and life coach through 4 Purpose Coaching, where she partners with individuals to unlock potential, strengthen leadership capabilities, and achieve meaningful personal and professional growth. She integrates coaching with her HR expertise to help individuals live their best lives, whether that is

career coaching or helping them achieve their life goals.

Kathie is known for her thoughtful and people-centered approach, integrating coaching principles with deep HR expertise to help organizations build strong leadership pipelines and positive workplace cultures. She emphasizes the importance of aligning organizational goals with employee growth, creating environments where both individuals and businesses can thrive together.

Her academic and professional credentials reflect her commitment to excellence in the field. Kathie holds a Bachelor of Science in Respiratory Therapy from the University of Hartford and maintains multiple advanced certifications, including SPHR, SHRM-SCP, CPCC, and ACC. Over the course of her career, she has contributed significantly to organizational success, including supporting Whittlesey's continued expansion and recognition within the industry.

Kathie attributes her success to a personalized, people-centered approach in all aspects of her work. Whether working with executives or entire organizations, she focuses on helping individuals develop their skills, overcome challenges, and enhance overall effectiveness. By actively listening, understanding unique needs, and providing tailored guidance, she has built strong professional relationships and delivered lasting impact across her field.

A guiding principle throughout her career has been the importance of authenticity and self-awareness. The best advice Kathie has received is to know herself and remain true to who she is. She believes it is not necessary to have all the answers and that meaningful growth often comes from exploring new opportunities, embracing challenges, and aligning work with personal values and purpose.

Kathie encourages young women entering the human resources and coaching profession to take pride in their accomplishments and confidently recognize their value. She emphasizes that self-advocacy and confidence are essential to success, encouraging emerging professionals to stand firm in their strengths while continuing to learn and grow. In her view, the HR field offers significant opportunities for those willing to develop their capabilities and advocate for their contributions.

Looking at the evolving workplace landscape, Kathie sees both opportunity and responsibility within the HR and coaching professions. One of the most significant opportunities, she notes, is the ability to expand reach and impact by connecting with more individuals and organizations in need of strong HR strategy, leadership development, and coaching support. At the same time, she recognizes the ongoing need for continuous improvement and adaptation to ensure HR professionals remain effective in a rapidly changing business environment.

Kathie's professional values are rooted in kindness, respect, and integrity. She is committed to supporting others, particularly during times of change or challenge, while maintaining a strong focus on delivering meaningful results. Her approach emphasizes openness, honesty, and

consistency, all of which contribute to building trust and fostering strong professional relationships.

These values extend beyond her professional life into her personal philosophy, shaping how she interacts with colleagues, clients, and her broader community. Her ability to balance strategic insight with compassion has made her a respected leader in her field.

Respected for her depth of experience and compassionate leadership style, Kathie McCarthy continues to make a lasting impact in human resources and executive coaching. Through her work at Whittlesey and 4 Purpose Coaching, she remains dedicated to helping individuals and organizations achieve their full potential while advancing the HR profession as a whole.

Learn More about Kathie McCarthy:

Through her Influential Women profile, <https://influentialwomen.com/connect/kathleen-mccarthy>, or through her profile on Whittlesey, <https://www.wadvising.com/advisors/kathleen-mccarthy/>

Influential Women

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