

ABOUT

Theresa Hamilton-Casalegno

Begin an inspiring journey with Theresa Hamilton-Casalegno, the visionary Founder and President of Hamilton & Associates, renowned for her mastery in executive coaching and leadership development. Theresa's unwavering dedication to unlocking human potential harmonizes seamlessly with her commitment to fostering coaching excellence and cultivating leadership growth.

Theresa partners with her clients to foster a practice of self-reflection, empowering them to develop an actionable plan for success while providing them with honest feedback, unconditional support, and accountability. There is no one-size-fits-all approach to professional and personal growth, and Theresa works by developing customized coaching to meet each person's unique needs. She stands as a beacon of transformative leadership, poised to collaborate with and elevate clients through coaching, mentoring, and team development.

In her role as a Faculty Coach and Facilitator with the UC Berkeley Executive Coaching Institute, coupled with her standing as an Associate Certified Coach (ACC) of the International Coaching Foundation, Theresa brings a wealth of coaching wisdom to the forefront. Theresa's proficiency in one-to-one and team coaching, is deeply rooted in science-based frameworks, positioning her as an ideal coaching partner and facilitator for refining individual strengths and nurturing growth. Theresa specializes in facilitating tailored interventions and workshops while implementing a holistic approach that ensures targeted enhancements and sustained development.

Leveraging over 25 years of comprehensive healthcare experience in both clinical and executive roles, Theresa has meticulously honed her skills. Drawing from her most recent role as the former Chief Executive Officer of Adventist + Rideout Health, where she led the expansion of the Rideout Cancer Center, a partnership with the esteemed University of California Davis, Medical Center, Theresa emerged as a pivotal asset for leadership initiatives, particularly in the oncology domain. Her mastery in anticipating, managing, and leading change, especially in complex situations, positions her as a trusted partner in fostering leadership development.

Theresa works with many healthcare clients, wholeheartedly believing in coaching as a service profession. She is committed to serving her clients by acting as a thought partner and sounding board, helping them explore their options and think through the next steps on their personal path forward. No matter who she's working with, Theresa's dedication remains the same: igniting her clients' passion for work and achieving their maximum potential for personal fulfillment while simultaneously driving their professional growth.

Theresa's journey goes well beyond the office, revealing a balanced approach to life. Off the clock, catch her strolling the coast and forest trails with her Goldendoodle, Rocky. Theresa's passion for the arts is expressed through her love for opera and theatre, and she enjoys the adventures of traveling. Yet, in the midst of it all, Theresa acknowledges joy in the simple, meaningful moments — be it hanging out with friends or making memories with family. Her personal interests aren't just hobbies; they're a testament to the vibrancy she crafts in both her professional and personal life, combining passion, purpose, and fulfillment seamlessly.



“At the heart of how I live my life and lead my business is my intention to elevate the lives of the people around me”
