Elizabeth Vidon
PhD, ACC, CCMC

Helping thoughtful leaders find clarity, build confidence, and lead with greater intention.

Leadership & Executive Coach | Career Strategist | Facilitator

Founder, RealEyes Coaching, LLC

MEET ELIZABETH

Leadership Starts With Seeing Clearly

Elizabeth Vidon is a leadership and career coach who helps professionals navigate the moments when the next step is not always obvious.

Her work is especially valuable for thoughtful, analytical professionals who are capable and accomplished, yet may find themselves overthinking decisions, questioning their confidence, navigating change, or trying to determine what meaningful growth looks like next.

Drawing from her background in **research, communication, human behavior, and coaching**, Elizabeth creates a space where clients can step outside the noise, examine what is really happening, and move forward with greater clarity and intention.

Her Philosophy

Clarity creates confidence.

Confidence enables action.

Intentional action creates meaningful change.

> Elizabeth’s role is not to hand clients the answers. It is to help them ask better questions, recognize patterns, challenge assumptions, and discover the answers they can genuinely own.

HOW ELIZABETH HELPS

Turning Insight Into Meaningful Action

Elizabeth works with leaders and professionals facing pivotal moments in their careers, organizations, and personal development.

01

Leadership Development

Strengthen self-awareness, communication, decision-making, confidence, and the ability to lead others with greater intention.

02

Executive & Professional Coaching

Create space to think strategically, work through complex challenges, and translate insight into practical action.

03

Career Development

Navigate career transitions, changing priorities, professional identity, and important decisions with greater clarity.

04

Communication & Confidence

Develop a stronger professional presence, communicate ideas effectively, and approach challenging conversations with confidence.

05

Team Development & Facilitation

Create opportunities for teams to communicate more effectively, understand one another, and work toward shared goals.

The Goal

Not simply to **know more**, but to **see more clearly, decide more intentionally, and move forward with confidence.**

EXPERIENCE & CREDENTIALS

Coaching Grounded in Curiosity, Research & Human Understanding

Elizabeth brings together the perspective of an academic, the curiosity of a researcher, and the practical approach of a professional coach.

PhD

A strong academic foundation that shapes her evidence-informed, thoughtful approach to understanding people, communication, and behavior.

ACC — Associate Certified Coach

Credentialed through the **International Coaching Federation (ICF)**, reflecting professional coaching standards, ethics, and demonstrated coaching experience.

CCMC — Certified Career Management Coach

Specialized training in helping professionals understand their strengths, navigate career decisions, and create meaningful professional direction.

Research & Academic Background

Elizabeth's academic and professional work has explored themes connected to **communication, human behavior, authenticity, motivation, anxiety, environmental and social research, and the ways people make meaning of their experiences.**

A Different Kind of Coaching Perspective

Academic Rigor + Human Insight + Professional Coaching

A combination designed to help clients move beyond surface-level solutions and understand what may actually be influencing the way they think, decide, communicate, and lead.

See Clearly.
Lead Intentionally.

Growth does not always require another strategy, another framework, or another piece of advice.

Sometimes it begins with creating enough space to see yourself, your situation, and your possibilities differently.

Elizabeth works alongside professionals and leaders as they uncover what matters, challenge what may be holding them back, and turn greater awareness into meaningful action.

Ready to See What's Possible?

Elizabeth Vidon, PhD, ACC, CCMC
Founder & Coach
RealEyes Coaching, LLC

Clarity. Confidence. Intentional Leadership.