

MEET DR. MICHAEL FORLENZA



Education & Training:
MS & PhD in Biological & Health
Psychology, University of Pittsburgh;

MPH in Epidemiology, University of North
Carolina at Chapel Hill;

Certificate in Professional Coaching
Duquesne University

Professional Certified Coach
International Coach Federation

Level 2 Internal Family Systems Practitioner
Institute for Self-Leadership

Michael Forlenza is an experienced leader, international leadership consultant, and leadership development coach having worked for over a decade with both executive and emerging leaders across a wide variety of corporate and economic sectors including academic medicine and healthcare, higher education, mental health care, financial services, insurance services, legal services, law enforcement, sales, government, biotechnology, engineering, management consulting, hospitality, and food service.

Prior to becoming a full-time coach, consultant, and facilitator, Michael served as Assistant Dean in the School of Leadership and Professional Advancement at Duquesne University where he initiated, founded, and continues to teach in the Professional Coach Certification Program (PCCP), an International Coach Federation Accredited Coach Training Program, also having served as its Executive Director. Currently, Michael is an adjunct assistant professor at the University of Pittsburgh School of Medicine where he teaches *Foundations of Career Planning and Development*. He also serves as a professional development coach for numerous programs at the University of Pittsburgh including the Physician Scientist Training Program (PSTP), the Medical Scientist Training Program (MSTP), the Physician Scientist Incubator Program (PSIP), the Institute for



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Clinical Research and Education (ICRE), and the Leading Emerging and Diverse Scientists to Success Program (LEADS).

Michael holds a BA in Psychology (Magna Cum Laude) from Hunter College-City University of New York, an MS and PhD in Biological and Health Psychology from the University of Pittsburgh, and an MPH in Epidemiology from the University of North Carolina at Chapel Hill. He has served on faculties at Simon Fraser University, Duquesne University, Duke University Summer Academy, the Carnegie Bosch Institute Global Leadership Executive Forum at Carnegie Mellon University and the University of Pittsburgh School of Medicine. He is an ICF Professional Certified Coach (PCC) and a Level 3 Internal Family Systems (IFS) practitioner. He has advanced training in Restorative Practices (RP), Motivational Interviewing (MI), Acceptance and Commitment Therapy (ACT), Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC), Mindfulness-Based Emotional Intelligence Training (MBEI), Corporate-Based Mindfulness Training (CBMT), the Cynefin Framework, developmental coaching, and Transformational Consulting.

