

Dr. Silja Litvin

CLINICAL PSYCHOLOGIST | EXECUTIVE COACH & ADVISOR | FORMER VENTURE-BACKED CEO

For leaders who carry disproportionate responsibility.

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OVERVIEW

Dr. Silja Litvin is a clinical psychologist (PhD) and executive coach working at the intersection of behavioural science, leadership, and performance. Her work focuses on resilience, decision-making under pressure, and enabling sustained high performance in complex environments.

Her training combines academic depth with applied business and coaching expertise — integrating psychological rigor with practical, evidence-based application across high-stakes leadership contexts.

COACHING APPROACH

Deliberately eclectic and adaptive. Rather than applying a single model, Dr. Litvin draws from multiple schools of thought and selects interventions based on the specific context, challenges, and objectives of the individual or system. In practice, she integrates a range of modalities:

- Cognitive Behavioural Therapy
- Systemic Psychology
- Solution-Focused Therapy
- Resilience Science & Stress Inoculation
- Executive Decision Science

WHO SHE WORKS WITH

Senior leaders, founders, and executives operating in high-responsibility roles. Engagements often take place during periods of change, scale, or increased scrutiny — where there is a need to stabilise performance, enhance clarity, and support effective leadership behaviours.

QUALIFICATIONS & ACCREDITATIONS

PhD in Psychology

Research focus on resilience

Executive Coaching (Ongoing)

Henley Business School

Assessments

Hogan Assessments

Clinical Psychologist

Licensed practitioner

Coaching Methodology & Ethics

International Coaching Federation (ICF)

COLLABORATION

Collaboration is central to Dr. Litvin's working style. She partners with other coaches, consultants, and internal stakeholders, co-creating interventions that draw on multiple areas of expertise — aligning with existing frameworks, contributing a psychological lens, and supporting shared outcomes rather than individual ownership.

THE DIFFERENCE

Clinically Trained

PhD in psychology with deep clinical expertise in human behaviour under pressure.

Collaborative

Partners with internal teams and external advisors as part of a wider system of support.

Eclectic & Evidence-Based

Integrates CBT, systemic, solution-focused, and decision-science approaches.

Built for High-Stakes Roles

Designed for senior leaders navigating change, scale, and scrutiny.