

Astrid Baumgardner, JD, PCC

President, Astrid Baumgardner Coaching + Training; Lecturer on Collaborative Leadership at the Yale School of Music; Previous Board Chair and Co-Chair; American Composers Orchestra; and Board Member, OPERA America



Astrid Baumgardner loves helping creative people to lead happy, successful lives! A lawyer, career coach, speaker, certified happiness facilitator from Tal Ben-Shahar's Happiness Studies Academy, and author of the book [Creative Success Now](#), she teaches creativity and collaborative leadership at Yale University's School of Music. A professional speaker, Ms. Baumgardner recently gave a TEDx talk on [Cracking the Code on Creativity: The Secret to Full-Blast Living](#).

A graduate of Mount Holyoke College and Rutgers Newark School of Law, where she was a member of the Law Review, Ms. Baumgardner practiced law in New York City for twenty-five years. She then combined her professional experience with her love of the arts and served as Deputy Executive Director of the French Institute Alliance Française of New York. She subsequently became an independent consultant to nonprofit arts boards before starting her coaching business and assuming her position at Yale.

As president of her coaching company, [Astrid Baumgardner Coaching+Training](#), Ms. Baumgardner works with arts leaders, professional musicians and creative entrepreneurs who want authentic, powerful leadership, career success and happier, more fulfilling lives. She coaches and guest lectures on the science of happiness and creative success at conservatories and summer festivals, including The Juilliard School, Western University, the Norfolk Chamber Music Festival and Sō Percussion Summer Institute. She also conducts leadership trainings at OPERA America, the League of American Orchestras and Ensemble Connect, the teaching artist academy at Carnegie Hall.

A lifelong amateur pianist and champion of new music, Ms. Baumgardner is a board member of OPERA America where she co-chaired the Learning and Leadership Council, and a board member and past board chair of the percussion quartet, Sō Percussion. She recently retired from the board of the American Composers Orchestra where she served as Board Chair and Co-Chair chair. Ms. Baumgardner lives in New York City where she enjoys the diversity of cultures and the lively performing arts scene.

For more information, please visit <https://www.astridbaumgardner.com>.

(Photo courtesy of Astrid Baumgardner)