



PAM LOWE CHO

Principal & Certified Executive Coach, Trek Executive Coaching

Pam Cho is a senior executive with extensive business experience as an executive coach, and senior communications counselor with Fortune 500 companies, The White House and an international trade association.

Pam currently serves as Principal & Certified Executive Coach of Trek Executive Coaching, a firm she founded in 2009. Certified in executive coaching through Miami University and Case Western Reserve University, Pam's ten years as an executive coach includes three years at Fifth Third Bank as an internal coach working with senior executives.

Prior to Trek Executive Coaching, Pam spent 15+ years working in corporate, as a vice president at Cintas Corporation, a \$4 billion operation with 34,000 employees, where she was also the second woman to be named an officer in the corporation.

Prior to Cintas, Pam served as vice president, corporate communications at Fruit of the Loom reporting to the CEO, and as executive director of the Mid-America Committee, an international trade association for C-level executives of Chicago-based Fortune 500 companies.

With extensive experience working with line and staff management in sales, marketing, HR, legal, IT, manufacturing and finance, Pam brings an insightful perspective to her work with executives.

Pam is the recipient of the 2012 Hillsdale College Distinguished Alumna Award for Outstanding Accomplishment in The Field of Business, 2013 WE Celebrate Finalist - Mentor of the Year from the Cincinnati USA Regional Chamber, 2015 Spirit of the Pin Award from Fifth Third Bank and 2017 Business Courier "Second Act Award."

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