

For over 25 years, Dr. Trower has been providing governance consulting and CEO coaching services to nonprofit organizations including colleges and universities; independent schools; hospitals, healthcare systems, and continuing care retirement communities; foundations; federated organizations; associations; human and community service organizations, and international NGOs. As president and a principal of Trower & Trower, Inc., she combines her knowledge of governance and strategic thinking, organizational culture and change, group behavior, and her skills at building high performance teams to create an experience for boards that translates into energy, action, and a shared commitment to excellence.

Trower is author of *The Practitioner's Guide to Governance as Leadership: Building High Performing Nonprofit Boards* (Jossey-Bass, 2013) and the second edition of *Govern More, Manage Less* (BoardSource, 2010). She is coauthor with Peter Eckel of *Practical Wisdom: Thinking Differently about College and University Governance* (Stylus Publishing, 2018) and is coauthor with R. Gitenstein of *What Board Members Need to Know About Faculty* (Association of Governing Boards, 2013). She has written several articles for the AGB's Trusteeship magazine including, "Flipping the Boardroom for Trustee Engagement: Why and How" (Mar/Apr 2015), "So, You're the Board Chair" (Jan/Feb 2020); "Going Virtual Fast and Well" (May/Jun 2020); and with Peter Eckel "Governing In and Through a Pandemic" (Sept/Oct 2020).

Cathy is Chair of the RiverWoods (Exeter, NH) Board of Trustees and is immediate past Chair of BoardSource (Washington, DC). Cathy served on the Wheaton College, MA Board of Trustees from 2012 to 2017 and was a trustee at two other colleges prior to that. She holds a BBA (1981) and an MBA (1984) from the University of Iowa, and a Ph.D. (1996) in higher education administration from the University of Maryland, College Park.