

McDonald Graham, LLC is a leadership development and coaching partnership between clinical psychologist, Dr. Julie McDonald, and organizational psychologist, Dr. Lisa Graham. Together, their mission is to facilitate the difficult inner work that enables people to become their best selves. By employing research-based approaches from the field of psychology to the workplace, McDonald Graham puts psychology to work enhancing skill sets that are often neglected in leadership development. Whether it's through 1:1 executive coaching or one of their leadership workshops for groups – Transforming Success® or Dare to Lead™, McDonald Graham facilitates the difficult inner work that builds better leaders.

McDonald Graham's flagship curriculum is Transforming Success®, a coaching program for groups. The program extends their work beyond one-on-one interactions into a group setting where participants can, together, tackle common challenges professionals frequently face. They are also certified Dare to Lead™ facilitators. Dare to Lead™ is a courage building program designed by Dr. Brené Brown to teach foundational skills that enable leaders to do the hard things they have to do but often avoid – initiate difficult conversations, make the best decision even when it's unpopular, and choose what is right over what is easy.

McDonald Graham's experience ranges across a wide variety of organizations including small, family-owned businesses, nonprofit agencies, and Fortune 500 companies. McDonald Graham is a Women Owned company and is committed to anti-racist, diverse, equitable, and inclusive practices.



Julie McDonald, Ph.D. Clinical Psychologist

Julie McDonald, Ph.D. has been a practicing clinical psychologist for 25+ years. At McDonald Graham, she brings her experience providing psychological services into the business world. In November 2019, Dr. McDonald retired from her private psychology practice at Bair, Peacock, McDonald, McMullan, & Bell to focus solely on McDonald Graham.

Dr. McDonald completed her Bachelor of Arts degree at Transylvania University in Lexington, Kentucky, her Master's degree and Ph.D. in Clinical Psychology at the University of Alabama at Birmingham, and her clinical internship at the University of Washington in Seattle, Washington. Dr. McDonald is a member of the American Psychological Association, the Alabama Psychological Association, the National Register of Health Service Psychologists, and the Society for Consulting Psychology. She is an active member of Saint Thomas Episcopal Church, where she has served on the Calling Committee and Vestry. She enjoys travel, playing pickleball, and taking hip-hop/Zumba dance fitness classes. She is married and has two young adult children.



Lisa Goldstein Graham, Ph.D. Organizational Psychologist

Lisa Goldstein Graham, Ph.D. has practiced in the field of organizational psychology for over 23 years. Before establishing McDonald Graham, Dr. Graham worked as a consultant with Blankenship & Seay Consulting Group for 17 years.

Dr. Graham completed her undergraduate work at Emory University. She received a M.S. in Industrial and Organizational Psychology from the University of Tennessee and a Ph.D. in Leadership and Change at Antioch University. She is a member of the Society for Industrial and Organizational Psychology and the American Psychological Association. She has served as an adjunct professor of psychology at Samford University and enjoys being involved with several nonprofit organizations: she is a past Executive Board Member of the Albert Schweitzer Fellowship, Collaborative Solutions, Inc., and Collat Jewish Family Services, and was a member of the boards of the Ronald McDonald House, Temple Emanu-El, and the Junior Board of Girls, Inc. Lisa lives in Birmingham, Alabama with her husband and daughters who are in elementary and middle school.



Julie
McDonald, Ph.D.
Clinical Psychologist

She is a no-nonsense Southern Mom of two who likes to table-scape, create miniature fairy gardens, and who trained her kids to make HER bed every day from the age of 5 until they went to college. She can be spotted around Birmingham speed walking faster than most people can jog or singing and dancing in the aisles at the grocery store to some sweet 80's grooves (practicing her moves for her next career as a backup dancer for J.Lo., of course).

Quirks include: drinking coffee in the shower to wake up in the morning before she works out, cutting all the itchy tags out of her clothes, and having lip balm within reach at all times.

She loves to travel and be on the water or near the water when vacationing. Favorite destinations include the Gulf Coast, Charleston, Seattle, St. Lucia, and Ireland. She is constantly working on how to travel lighter and her ultimate goal is to pack only a carry-on bag, no matter how long the trip (this is a long term work in progress because...umm...how do you know what you will want to wear on a Thursday when you are packing on a Sunday?).

Julie looks at life as a continuous learning opportunity and sees every interaction, every experience, every moment as a chance to learn something new or make something better. Her clients describe her as wise, warm, empathetic, insightful, and action-oriented.



Lisa
Goldstein Graham, Ph.D.
Organizational Psychologist

Lisa is a Jewish vegetarian married to a carnivore of Southern Baptist heritage. (She passionately believes that diversity is the spice of life.) Ten years ago, she and her husband ran a social group for couples who were "childless by choice." These days, she spends most of her free time with their two daughters. (She's really glad they changed their minds about having kids . . . most of the time. ☺)

She's fascinated by each person's story and can count on her husband to plead, "please don't start conversations with random people today" as they enter any situation that involves standing in line, sitting at tightly packed restaurant tables, waiting for a movie to start, standing in an elevator, etc. She is a continuous learning junkie with books overflowing from every shelf in the house and yet-to-read sections of the NYT scattered throughout. She has started countless Coursera courses (and has even finished a few). Her email box overflows with interesting newsletters, and she is almost always participating in a personal and/or professional growth program. (Some of her favorites have been: Tiago Forte's Build a Second Brain program, Farnam Street Learning Community, Holstee, Style Yourself Chic, the Million Dollar Badass Mastermind with Rachel Rodgers, and the Nearness. She highly recommends all.)

If Lisa wasn't an organizational psychologist (a job she loves), she would be a professional makeup artist. Or maybe a children's librarian. The common thread connecting these three career paths is the desire to help others manifest the very best versions of themselves, recognizing and capitalizing on what makes them unique.

She is a huge fan of parenthetical asides. (Obviously.)