

Holistic Coaching



Certified Personal & Executive Coach | Senior Professional Human Resources | NASM Certified Nutrition Coach | NASM Certified Personal Trainer | Licensed Independent Insurance Broker



Executive Coaching

- Create an inspiring workplace culture
- Expand leadership effectiveness across the 7 core areas of impact
- Increase job fulfillment
- Executive wellness, i.e., nutrition, exercise and activity, and work/life balance for the busy, high-demand executive

Career Coaching

- Career planning
- Navigate career plateaus
- Identify and overcome professional derailers
- Understand and embody attributes of high potential talent
- Get that promotion and on your terms

Personal & Interpersonal Coaching

- Repair broken relationships
- Strengthen weak or strained connections
- Develop heart-centered problem-solving skills
- Experience more joy in all relationships beginning with you

Wellness Coaching & Training

- Attain and sustain a leaner, stronger body
- Reduce risk of chronic disease
- Look and feel your best
- 1-1 and small group coaching and training
- Corporate wellness program design and management

Financial Coaching & Services

- Group health & welfare plans
- Small business protection
- Individual wealth management, i.e., cash accumulation, tax reduction, and asset protection