**Sincere Consulting and Life Coaching**

**Professional Profile – Pastor David L. Sincere Jr.**

Pastor David L. Sincere Jr. is a certified Christian Life and Mental Health Coach, licensed minister, and community advocate with more than 30 years of experience in ministry, human services, and transformational leadership. As the founder of Sincere Consulting and Life Coaching, he offers a faith-friendly, trauma-informed, and culturally sensitive approach that supports both individuals of faith and those with no religious affiliation.
David specializes in helping individuals, couples, and families navigate emotional pain, grief, life transitions, and identity reconstruction. His coaching practice bridges the gap between spiritual insight and emotional wellness, creating space for healing, growth, and purposeful living.

## Why He Founded Sincere Consulting and Life Coaching

After decades of serving in both church and community leadership, David recognized that many people were carrying emotional burdens, relational wounds, and spiritual questions with nowhere to safely process them. Sincere Consulting and Life Coaching was created to offer a trusted space for reflection, growth, and transformation—where individuals can be seen, heard, and supported without judgment. His vision is rooted in the belief that healing begins when people are given space to rediscover their identity, rebuild their peace, and walk forward with clarity and purpose.

*“Some people are stuck, not broken. They just need someone who sees them, hears them, and walks with them.”
— Pastor David L. Sincere Jr.*

## Training and Professional Development

David studied Religion with a focus in Christian Counseling at Liberty University, which laid the foundation for his integration of biblical principles with emotional wellness. He has completed over 302 hours/CEUs of faith-integrated, trauma-informed training in life and mental health coaching through Light University and the American Association of Christian

Counselors (AACC). He is a certified member of the International Christian Coaching Association (ICCA) and holds board certification through the International Board of Christian Care (IBCC).

## Certified Training Areas (Completed – 302 Hours/CEUs)

* Mental Health Coach – First Responder Training – 40 hours
* Youth Mental Health Coach – First Responder Training – 42 hours
* Certified Professional Mental Health Coach (CPMHC) – 24 hours
* Professional Life Coaching 101 & 201 – 24 hours
* Relationship Coaching (ICCA) – 12 CEUs
* Grief & Loss Coaching (ICCA) – 12 CEUs
* Divorce Coaching (ICCA) – 12 CEUs
* Mental Health Advocate (AACC) – 6 hours
* Adult Spiritual & Mental Health First Aid (AACC) – 4 hours
* Empowering Principles – Fort Bend TBRI Collaborative – 6 hours
* Biblical Counseling Diploma – Light University (Biblical Counseling & Psychology Certification, Caring for People God’s Way 101 & 201, Marriage Works) – 120 CE Credits – IBCC Certification

## Courses in Progress (2025 Completion Plan – 60 CEUs)

* Women’s Coaching (ICCA) – 12 CEUs
* Stress Management Coaching (ICCA) – 12 CEUs
* Premarital Coaching (ICCA) – 12 CEUs
* Parent Coaching (ICCA) – 12 CEUs
* Marriage Coaching (ICCA) – 12 CEUs

## Training Totals

✅ Completed: 302 hours/CEUs

🔄 In Progress: 60 CEUs

📈 Projected Total by 2025: 362 CEUs