



Maria Tomas-Keegan

As a Certified Career & Life Coach, specializing in transition, María Tomás-Keegan helps women turn their upside-down world right side up again. In the aftermath of major life events, such as a career upheaval, loss of a loved one, caregiving, or divorce, lives take a profound turn. And, many women wonder, *Who am I now that things have changed?*

As a transition expert, award-winning author and producer/host of her international podcast, María is passionate about sharing effective strategies and practical approaches to adapt to life's inevitable ups and downs, ebbs and flows, and inside-outs. She helps her clients re-imagine life and design their next chapter honoring their values, vision, and voice.

With life experience including 30 years in corporate management, coupled with navigating many personal life-challenging events along the way, María understands what her clients go through after the dust settles. She also understands how hard it can be to ask for help. What she knows for sure is juggling family, friends, community, and career responsibilities makes for a very full plate, and many of us feel the need to be perfect at it—all of the time. She wants you to know: you're not alone!