

A portrait of Lametra B. Off, a Black woman with short, curly hair, smiling warmly. She is wearing a green sleeveless top and a necklace with a circular pendant. The background is a wooden wall with vertical slats.

Lametra B. Off

ABOUT

A coach is a mixture of a teacher, a listener, mentor, motivator, a counselor, and one who challenges, questions, inspires and takes her clients to another level of consciousness. A coach is also future focused - one who guides individuals with achieving their goals. I have over 25 years of coaching **experience**. I have instinctively and formally taught, facilitated, mentored, coached, counseled, guided and assisted others in achieving their goals for over 25 years in various industries.

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COACHING PHILOSOPHY

Everyone is perfectly and uniquely made. The Universe has a plan for everyone. Through inner work, discovery and acceptance individuals discern who they are – preferences, personality, motivations, skills, abilities, knowledge, strengths, etc.; and individuals determine their uniqueness; thus, discovering their competitive advantage.

COACHING APPROACH

My approach consists of assessing and accessing core energy - essentially coaching from the inside out, stressing strengths, positivity, focus, self-efficacy and personal power.

BENEFITS OF PROFESSIONAL COACHING

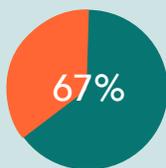
Fresh perspectives on personal challenges, enhanced decision-making skills, greater interpersonal effectiveness, and increased confidence are a few benefits. And, the list does not end there. Those who undertake coaching also can expect appreciable improvement in productivity, satisfaction with life and work, and the attainment of relevant goals.



INCREASED
PRODUCTIVITY



IMPROVED
SELF-CONFIDENCE



IMPROVED
LIFE/WORK BALANCE

PACKAGES

OPTIMUM MASTERY

What if you accomplished, loved, or experienced life to the fullest - the best life for you - for your career, relationships or business?

BREAKTHROUGH AND CHANGE

Stuck? Unfulfilled? Bored with life? If you are not growing, you are stagnant. Let's start the process of life or career change.

ALIGNMENT AND FOCUS

Feeling out of sorts, something missing from your life? Let's discover what's important to you and FOCUS on what you want.

CREDENTIALS

Global Career Development Facilitator
Certified Career Services Provider
Myers-Briggs Type Indicator Practitioner
Certified Professional Coach
Energy Leadership Index Master Practitioner
COR.E Transitions Dynamics Specialist
Minority Business Enterprise/Woman Business Enterprise/
Small Business Enterprise (MBE/WBE/SBE)
Service-Disabled Veteran Owned Small Business

TESTIMONIALS



"Lametra helped me trust who I am; this means recognizing I already have many of the answers that I have been searching for. Also, Lametra helped me realize a well-structured plan and solid accountability go a long way in helping accomplish goals..."

JAMIE O.



"From my first session with Lametra, I knew she was the coach for me. I had never had a Life Coach before, I had heard of them but my knowledge was very limited. Lametra's personal style of coaching has assisted me over the past 20 years to overcome my darkest times, appreciate my strengths and develop my leadership skills..."

QUINCY R.



"Lametra is one of a kind. She has the ability to guide an individual in a direction outside the scope of their 'comfort zone'. With her supervision, she will encourage you to progress beyond personal expectation. In fact, Lametra has been a wonderful support during my journey as I move forward in my career as a Project Manager..."

CHRISTA E.



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