



Mindy Foreman - Personal & Professional Development Coach and Speaker

Mindy is passionate about guiding and supporting individuals and groups of all ages in their personal and/or professional life. Mindy offers ways to build stronger relationships, communicate more effectively, improve confidence and mindset, master high performance leadership skills, discover new strengths, and provides additional tools and resources for success in any area of life.

Professionally, Mindy has over 25 years of Project Management, Training, Coaching, Facilitation, Speaking, and Consulting, in both Personal and Professional Development. For two and a half decades, Mindy has worked with professionals in Healthcare, Education, Manufacturing, Military, Government, Retail, Hospitality Services, Real Estate, Insurance/Financial companies, and more.

Mindy is a master at igniting human potential! She knows how to bring out the best in people and has helped people invent new strategies to achieve their goals. Whether she is speaking, coaching, training, facilitating, delivering a presentation or workshop; her passion, experience, authenticity, energy, and personality will captivate and energize any audience to commit to their next step and take action!

In addition to Mindy's many years of experience, here are just a few tools that Mindy is certified on and uses in her coaching and workshops.

Color Code – Certified Color Code Trainer: Relationships are key in both our personal and professional life! Mindy's goal is to see relationships transform by bringing to life the beauty of the Color Code. Mindy brings her knowledge, excitement, passion, and real-world experiences into every workshop. Participants leave her workshops with proven tools and techniques that can be quickly applied and will transform their personal and professional lives immediately. Her clients' rate both the content and delivery as outstanding, fun, and informational! Mindy often hears people say, "I wish I had these tools years ago!"

Arbinger Institute – "The Outward Mindset" Certified Trainer: By applying "The Outward Mindset" tools, individuals learn the difference between the two mindsets; how an inward mindset hinders relationships and results, and how to shift to an outward mindset. Participants are equipped with tools to enable them to:

- Hold themselves more fully accountable.
- Report on performance in a way that keeps them working outward.
- Work in a way that is more collaborative, fulfilling, and effective.
- Positively influence others to change.
- Address and resolve conflicts.

The Modern Classroom (MCCT®) Certified Trainer: Trained and Skilled in delivering courses using the latest training technologies and approaches and how to teach successfully in all modern classroom modes (in-person and virtual learning) and how to respond to the special technical challenges of the modern classroom.

Mindy lives in Washington State with her husband Mike of 23 years, and they have two adult children, Marissa and Michael. Outside of business, Mindy loves to spend time with family and friends. She also loves to travel, listen to great podcasts, and **loves** to whip up fun and tasty food. Mindy also loves to plan and host get togethers, with a themed New Year's Eve party being one of her favorites to host.