

Roz J Strong, M.Ed., MCLC

~ Professional Summary ~



Roz Strong has devoted her career to empowering others through human resources leadership, interactive learning and development, personalized coaching, and community service. With more than 30 years of experience across the private, nonprofit, and public sectors, she brings a unique blend of strategic insight, emotional intelligence, and practical expertise to every client engagement.

She holds a Master of Education in Educational Leadership (M.Ed.) with a focus in Learning and Development, as well as a BA in Behavioral Science from Lynn University in Boca Raton, FL. She is also an alumna of Rider University in Lawrenceville, NJ. Originally from Edgartown, MA on Martha's Vineyard Island, Roz currently lives in Florida, not far from her son and "daughter-in-love."

Roz is a Triple Certified True Colors Practitioner, a DISC Practitioner, Master Certified Life Coach, Certified Professional Coach, and Certified Florida Labor Relations Professional. She is currently pursuing certification as a Nutrition Coach (anticipated 2025) through the National Academy of Sports Medicine.

Through **Renovatio Learning & Development**, Roz designs and facilitates customized, highly interactive training events that equip participants with practical tools, spark meaningful insight, and leave them inspired to take immediate, purposeful action. Her sessions are known for their energy, relevance, and ability to foster both personal and professional growth, regardless of role or industry.

Through **Inner Strength Life Coaching**, Roz supports individuals who are ready to pivot, grow, or realign with their purpose, whether in their careers, relationships, or along their personal journey of self-discovery. She brings a deeply intuitive, empathetic approach to every session, balanced with honest, actionable guidance that empowers clients to move forward with clarity, courage, and confidence.

A lifelong volunteer, she has served her community since the age of 15. Since 2009, she has contributed to Honor Flight in multiple roles and currently leads Guardian Training. She also dedicates her time to mentoring students in local high schools and supporting nonprofit organizations in her community.

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Chief Learning Officer / Master Certified Life Coach / Human Resources Professional

(772) 359-2556

<https://RenovatioLearning.com>
Roz@RenovatioLearning.com
<https://LifeCoachStrong.com>
Roz@LifeCoachStrong.com