Eager Co-active Coaches from various countries work with me to get professional coaching and mentoring during their certification process. As a coach working toward certification, you have to position yourself impressively so that others want to be coached by you; I show you how. When you engage in coaching with me, you get ongoing support in expanding your network, adjusting your mindset to become a high performing coach, and securing strong coaching engagements to build a successful practice.

If you want to be a successful CPCC, establish your coaching practice, and be supported through a practical, step-by-step process to cultivate your coaching business, then we should connect.

I offer a unique blend of practical, evidence-based, theoretically backed programs gleaned from my PhD studies and research, and my personal experiences. My clients receive helpful, broadminded, and progressive coaching based on positive psychology and neuroscience. I address my clients’ need for transformation in relationships, career and life issues and chronic health issues. I also offer professional development to certification coaches.

Unlike other coaches in this area, I am an experienced, expert strategic advisor and solutions provider for launching solid coaching practices for GME Wellness programs. I have achieved a PhD in Applied Health Science, Health Promotion, focusing on Positive Psychology and Motivational Interventions for affirmative behavior change. My clients also appreciate my Master of Science in Education, enabling me to bridge the gap between theory, scientific research, and practical application of best coaching practices. I am deeply interested in how the mind, body, spirit, and heart interact. I have certifications in grief and crisis management, and qualifications in administering highly validated assessment tools. Additionally, I have authored peer-reviewed coaching research articles. Significantly, I am a CPCC and my coaching includes knowledge of neuroscience, co-active coaching, and positive psychology. I also have the ICF credential of Professional Certified Coach (PCC). I coach CTI Certification students through their exciting and empowering certification process and to business development and growth.