

SUMMARY

Dedicated educator with over **21 years of teaching experience** and **5 years of life coaching expertise**. Passionate about empowering individuals to achieve personal and professional growth through goal setting, mindset transformation, and personal development. Proven ability to create an inclusive, engaging environment that fosters emotional well-being and life balance. Seeking to transition into a full-time life coaching role, leveraging both educational and coaching experience to help clients achieve their goals.

Core Competencies

Coaching

Personal Development, Goal Setting, Mindset Shifts, Limiting Beliefs

Education

Classroom Management, Curriculum Development, Student-Centered Learning

Communication

Public Speaking, Coaching Workshops, , Written & Verbal Communication

Organizational Skills

Time Management, Multi-tasking, Client Management, Reporting

Team Leadership

Peer Coaching, Professional Development, Collaboration

Technology

Microsoft Office Suite (Word, Excel, PowerPoint), Canva, Seesaw, Kahoot, Google Docs

Experience

- Life Coach | Maximize Living, Personal Life Coach/Consultant | New York, USA 2010 - Present
- Elementary School Teacher | Al Yasat Private Academy | Abu Dhabi, UAE 2010 – Present
- Elementary School Teacher | Sheikh Zayed Private Academy for Boys | Abu Dhabi, UAE 2015 – 2018
- Elementary School Teacher | Ascend Charter School | New York, USA 2012 – 2015
- Spanish Teacher | Merrick Academy | New York City, USA 2010 - 2012
- Education & Career Counselor | Jeremiah's Promise Sunnysvale | CA, USA 2008 - 2009
- Elementary School Teacher | PS 48 Public School | New York, USA 2003 - 2006

EDUCATION

- M.A., Counseling and Coaching | Western Seminary, CA, USA 2006-2010
- M.S., Elementary Education (Special Education) | Mercy College, New York, USA 2003-2005
- B.A., Psychology | Nyack College, New York, USA 1996-2000

CERTIFICATIONS

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| • Practitioner of Neuro Linguistic Programming Know Thyself Coaching Institute | April 2021 |
| • Certified KTCI NLP & Life Coach Know Thyself Coaching Institute | April 2021 |
| • Hypnotist Practitioner Know Thyself Coaching Institute | April 2021 |
| • Certified KTCI NLP & Life Coach Know Thyself Coaching Institute | April 2021 |
| • Mental Emotional Release (MER®) Practitioner Know Thyself Coaching Institute | April 2021 |
| • Creating From Self Know Thyself Coaching Institute | August 2020 |
| • Integrative Coach Certification Training Know Thyself Coaching Institute | August 2020 |

ACHIVEMENTS

- Developed and implemented mentorship programs for clients in personal development and goal-setting, leading to measurable improvements in their personal and professional lives.
- Successfully coached over 50 individuals through major life transitions, including career changes, mental health challenges, and personal development journeys, achieving a high client satisfaction rate.
- Delivered 375+ lessons, workshops, and talks, including career development and life coaching seminars that helped individuals achieve their goals, with many clients returning for additional sessions.
- Established an outreach program that focused on career development for underserved populations, leading to increased job placements, self-esteem, and life satisfaction for participants.
- Recognized for creating a holistic coaching program that integrates emotional intelligence and resilience-building strategies, improving clients' overall well-being and providing tools for sustained personal growth.
- Created integrated coaching materials such as worksheets, self-assessment tools, and guided plans, which have been used to support clients in setting and achieving their personal and professional goals.
- Built a strong client base by offering one-on-one coaching sessions and hosting group workshops, resulting in a high level of client referrals and repeat business.
- Developed workshops focused on overcoming limiting beliefs, career development, and personal growth that have been widely attended by clients, positively impacting their personal development journey.
- Coordinated and led community-based workshops focusing on emotional well-being, self-care, and stress management, with participants reporting improvements in coping strategies and overall life satisfaction.
- Introduced innovative techniques for setting and tracking goals, helping clients stay on track and achieve long-term success.

LANGUAGES

- English
- Spanish