

# Connect with a Coach – Limited-Time Opportunity

A select group of coaches are offering free one-on-one coaching sessions for a limited time. They are nearing the completion of their 200-hour training and actively pursuing certification, including from the International Coaching Federation (ICF), the gold standard in coaching excellence. Once certified, their average starting rate will be \$200 per hour, making this a win-win opportunity to experience high-quality coaching at no financial cost.

Below, you'll find their profiles, each with a link or email to schedule a discovery call. If a coach provides only an email, a short template is included at the end of this document to make reaching out easy.

If there are any questions about this coaching opportunity, email Tanya Garcia at [tpgarcia@email.unc.edu](mailto:tpgarcia@email.unc.edu).

## Rebecca Hefele

After more than 35 years as a pharmacist—working both in the corporate world and alongside people living with HIV—I've learned that true healing goes far beyond medicine. It's about reconnecting with who we really are and learning to trust the wisdom within.

Over the years, I've embraced many roles: partner, mom, grandma. I've also come to understand how essential it is to care for ourselves—body, mind, and spirit. Staying active through strength training and yoga, along with daily breathwork and meditation, helps me feel grounded and present, no matter what life brings.

What truly drives me is helping others find clarity, direction, and deeper connection to themselves. I offer a calm, compassionate space where you can slow down, be heard, and explore what's calling to you next. I won't give you all the answers—but I will walk beside you as you uncover your own.



If you're feeling stuck or sensing that there's something more waiting beneath the surface, I invite you to schedule a discovery session. Together, we'll begin the journey toward your own North Star and inner knowing—and the life that's meant just for you.

“Troubled, stay with me, for I am not” (from the poet, Hafez)

Book a discovery call: <https://calendly.com/rebeccarph/intake-discovery-session>

## Gilles Rautureau

I am Gilles, a soon-to-be certified Life Coach and a full professor of biochemistry at Université Claude Bernard Lyon 1 in France, with over 25 years of experience in research and teaching. I've navigated the challenges of balancing research projects, grant writing, and heavy teaching loads while managing career uncertainty and frustration. I've seen many talented colleagues feel tired, unhappy, and disconnected, unsure of how to reconnect with meaning and satisfaction in their careers.



Having walked nearly every step of the academic path myself—from Master's student to PhD candidate, junior and senior postdoc, associate professor, and now full professor—I know how demanding and emotionally taxing academic life can be. I've worked in competitive environments, both in France and abroad, experiencing everything from supportive mentors to difficult colleagues.

Now, alongside my academic role, my goal is to help fellow academics find joy, clarity, renewed motivation, and the confidence to intentionally design careers and lives filled with meaning and purpose.

Website: <https://sites.google.com/view/wayfinding-academia>

Book a discovery call: [Link](#) (Make sure to select your correct time zone!)

## Alicia Hernandez

As a mom of four, artist, and business owner, I bring a unique blend of creativity, practicality, and heart to my coaching practice. My deep love for animals and genuine connection with people has taught me the power of compassion and presence.

I'm passionate about guiding you to discover the answers already within you. Together, we'll create a peaceful space where you can explore your authentic self and uncover the clarity you've been seeking.

My approach combines intuitive insight with practical strategies, ensuring you leave each session with both inspiration and actionable steps. Whether you're facing a crossroads, seeking deeper purpose, or simply ready for transformation, I'm here to walk alongside you on your journey of self-discovery.



Email to book a discovery call: [abhmanagement@gmail.com](mailto:abhmanagement@gmail.com)

## Heidi Grant-Starr

I believe in holistic growth, focusing not just on measurable results, but on better habits and truly understanding your body and mind. I value the strength and potential in everyone, celebrating all wins, big or small. I encourage facing fears, embracing positive change, and taking control of health and well-being. Gratitude is key in my approach—it's about appreciating every step of the journey. My vision is to help people feel vibrant, reach their full potential, and live with purpose, supporting them with personalized plans and ongoing encouragement.

Webpage: <https://www.societynorth.com/>

Book a discovery call: <https://calendly.com/heidi-bxu/coaching-discovery-call-let-s-get-to-know-each-other>



# Beenish Hussain

Hello! I'm Beenish. A curious Life Explorer, heart-led Humanist, and entrepreneurial Business & People Leader on a mission to realize Human Potential and elevate Human Consciousness. I'm passionate about living a wholesome life filled with freedom, meaning, and aliveness. Having experienced disconnection from my true self, losing my spark, and boldly rising to rediscover it, I recognize the importance of living authentically. I care deeply about embodying my inner truth and guiding others to theirs, enabling them to realize their purpose and potential.

I have been fortunate to live and serve people in North America, Asia-Pacific, South Asia and MENA, building brands and teams across industries in startups and Fortune 500 companies. My most rewarding experiences include developing people, founding a nutritious food-brand business, and leading a billion-dollar portfolio. Combined with my Computer Science background and MBA, these experiences bring balanced analytical and interpersonal rigor to my work. I also enjoy some diverse interests including travelling, wellness, neuroscience, spirituality, art & design, music, and writing.

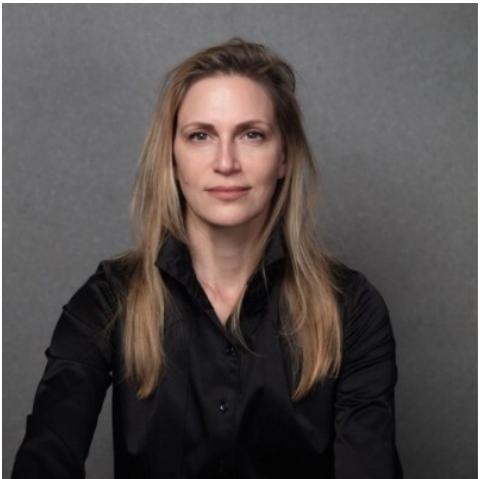


Reflecting on the last 4+ decades, my journey has been one of self-discovery, courage, belief and authenticity. Though a whole-brain thinker, I lived primarily from my analytical mind disconnected from the wisdom of my heart and body. This went on well until my mid-30s when fulfillment waned. Feeling lost, I found a transformational path of healing and awakening, supported by synchronicities including a perfectly matched Life Coach. Through this process, I gained self-awareness and self-love, claimed my power and freedom, and found connection and meaning. Now I guide others to consciously build purposeful lives balancing their essential and social selves while integrating analytical thinking with feelings, intuition and creativity. It is deeply fulfilling for me to create safe spaces for self-discovery, challenging limiting beliefs, transformation, responsible choice-making, and forging new paths.

My focus areas include: Inner Integration & Alignment; Life Design; Personal Growth & Development; Life Changes and Transition Management; Balancing Personal & Professional Life; Finding Courage, Confidence & Purpose; Self-Leadership & Self-Expression (especially for women finding their voice).

If you seek connection with your true self for Clarity, Guidance and Direction, I'm ready to partner in your Transformative Journey of Self-Understanding, Way-Finding, and Personal Evolution.

Book a discovery call: <https://calendar.app.google/KDQJcCUXZpBekX3s6>



## Jocelyn Berdowski

Born and raised in the Netherlands, I'm approaching my 48th year with curiosity and an open mind that has defined my journey. My path began as a professional dancer until age 28, followed by an academic pursuit resulting in three Master's degrees (Medical Biology, Epidemiology, and Business Administration) and a PhD in Medicine—reflecting my family's emphasis on education and my natural love for science.

For most of my life, I lived primarily “from the neck up,” intellectually engaged but disconnected from my body’s wisdom. It took a serious burnout to reveal that I wasn’t living in full integrity with my authentic self. The past years have been transformative as I’ve learned to trust my intuition, listen to my body’s subtle language, integrate my intellectual interests with my inner knowing, and embrace vulnerability and authenticity.

This journey wasn’t easy, but the results have been nothing short of magical. I struggle to find words adequate to describe the fulfillment, joy, and love this integration has brought into my life.

### **Jocelyn is at capacity**

Today, I enjoy a loving relationship of 10 years, deeper and more meaningful friendships, and a flourishing career as a board member of a medical technology company. This holistic success emerged when I learned to invite it in from an open and sincere place.

In my experience, success in love, friendship, and career are all interconnected—provided what you desire comes from your authentic self rather than societal expectations. When you align with your true nature, you CAN have it all.

## Jodie Palmer

My professional journey has spanned post-secondary leadership, teaching, dialogue facilitation, community bridge-building, and virtual production, each paving my way into life coaching.

As a parent of four teenagers I consider parenting its own doctoral program—a daily practice in staying steady amid hormonal tumult, remaining zen while being poked in the eye, solving ever-evolving puzzles, giving autonomy while holding space, cheering wildly, and embracing the bittersweet ache of watching them grow and take flight.

Personally, I'm actively learning to embrace uncertainty and discomfort with trust and peace (with mixed success). I love kindness, curiosity, and belly laughs. My passion lies in helping others build bridges across chasms of disconnection, and my mission is to make the world a more beautiful, compassionate, and safe place for all. I hope to be remembered as a leavener, an instrument of peace, a champion of beauty, and a believer in the power of love.

Coaching is a different model of support than mentoring or consulting. While mentors and consultants provide expertise in a specific area, coaching centers you as the expert of your own life. It's a collaborative and forward-focused process designed to help you clarify your goals, identify obstacles, and take actionable steps toward creating meaningful change. As your coach, my role is to create a space where you can dream big, dig deep, and take meaningful steps toward the life and career you envision for yourself. Together, we'll uncover what truly lights you up and craft a path that feels natural, powerful, and uniquely yours.

Book a discovery call: <https://appt.link/meet-with-jodie-palmer-coaching> (Be sure to use FREE 1-Hour Discovery Session)



## Cindy Pang

With advanced credentials (MS, MBA) and 15 years navigating corporate leadership in global marketing, I dedicated a decade to personal healing and transformation. This dual journey helped harness profound lessons in personal success, wellness, freedom, and empowerment.

Growing up, attending school, and building a career in different regions, languages, and cultures, also prepared me with the openness and flexibility to continually evolve and reinvent myself, and to pursue purposeful work that excites me and aligns with who I am.

I am passionate about supporting professional women through one-on-one coaching toward self-empowerment, comprehensive wellbeing, and becoming their true selves in all aspects of their lives. Together, I partner with clients to cultivate their internal clarity, insight, courage, and groundedness—to design a life that feels satisfying, meaningful, and whole.

I have a deep interest in psychology, literature, and spirituality; and I am perpetually curious about human behavior, emotion, and motivation. Outside of work, I am usually planning a trip somewhere (26 countries/4 continents so far!), cooking, practicing yoga or at the gym, or reading in bed into the wee hours of the night.

Book a discovery call: <https://appt.link/meet-with-cindy-pang-amnqDwfE>

## Colleen Plein

As a physician and formerly gifted child who has grown into a gifted adult, I've navigated a unique path through life. My journey has been one of embracing neurodivergence—understanding how my distinct cognitive and emotional patterns shape my experiences, relationships, and medical career.

Coaching became my compass during this journey, offering profound insights that helped me understand myself at a deeper level. Through this process, I've learned to navigate life's complexities with greater clarity, purpose, and self-compassion.

Drawing from both professional expertise and personal experience, I specialize in guiding others through their own journeys of self-discovery. My focus areas include: Embracing giftedness across the lifespan; Navigating the nuances of neurodivergence; Building authentic relationships that honor your unique needs; Addressing impostor syndrome in high-achieving individuals; Cultivating genuine self-compassion; and Exploring and integrating LGBT+ identity

If you're ready to explore your unique cognitive landscape, understand your distinctive strengths, and transform perceived challenges into authentic power, I would be honored to partner with you. Together, we'll create a supportive space for growth, discovery, and genuine self-empowerment.

Let's embrace your exceptional mind and heart, exactly as they are.

Book a discovery call: <https://calendly.com/cpleincoaching>



## Gwen Fonarow

Hi, I'm Gwen. I live in Utah, but have also spent big chunks of my adult life in California and Texas. I have spent most of my career in finance and operations at various types of organizations including Fortune 100 companies, high-growth start-ups, non-profits, and educational institutions. The last 10+ years of my career I've had the honor of serving in the C-suite.

The biggest joy in my professional career has been working with colleagues and team members to improve their personal lives and professional performance by aligning with their true, authentic selves. I've helped folks identify their strengths and passions, and change their lives to create more space for what uniquely brings them joy, flow, and meaning. I've experienced this transformation myself—and I believe it's available to anyone who truly wants it! Yes, including you!

I love to read, run, and spend time outdoors hiking, camping, etc. I've been happily married for 20 years and am the proud mom to two teenage daughters and one very cute (but not too smart) dog, Toby.

Book a discovery call: <https://calendar.app.google/3bvRQuZzmfvKQbR98>

## Sandy Oh

In the relentless pursuit of citations and publications, it is easy to overlook the most fundamental question of all: What is my version of a life well-lived? This question has been at the heart of my journey since I earned my Bachelor's Degree (with honors) in Philosophy, Politics, and Economics from Oxford. I have asked it intellectually and reflected upon it through my lived experiences. As a coach, I now have the privilege of helping others explore this question, guiding individuals who seek meaning and purpose in their lives.

The tension between security and self-actualisation is something I experienced constantly in my early career. My social self achieved status and security as I climbed the investment banking ladder. But my authentic self hungered for freedom and adventure, and I made short exits to chase the entrepreneurial dream: I founded an internet startup in the 90s dotcom boom; and opened a restaurant-bar for my love of music. At 40, my seemingly perfect life collapsed as I left both the corporate world and a long-term relationship. I felt lost and did something foreign to me - I sought the help of a 80 year old mentor who taught me the importance of looking for The Tree at the other side of the Field.

During my metamorphosis, I shed old skins and grew new ones. My partner and I traded life on hedonic treadmills in Singapore and San Francisco to live in the rhythm of nature and wild life in Tasmania, Australia. I love both learning and teaching. I went back to school mid-career to get an MBA from the University of Chicago. As an educator, I currently teach about the future of finance in blockchain, digital assets and sustainable finance. As a coach-in-training, I am re-igniting the mentoring journey I began 13 years ago. I look forward to working with you to systematically explore how creativity and courage can lead you to a life of pragmatic purpose.

Book a discovery call: <https://appt.link/meet-with-sandy-oh-PIoyiqwY>





## Luca Jimenez

I believe in creating spaces where people feel safe, heard, and understood. Through coaching, I've learned that listening isn't just about hearing words – it's about feeling the energy behind them and using that to help guide others. Whether in person or across a Zoom screen, I know meaningful connections can happen anywhere.

Coaching comes naturally to me. I love diving into what people truly care about, exploring their thoughts, and helping them navigate what really matters to them. It's where I find joy, energy, and fulfillment – and I can't imagine doing anything else.

As someone who's on my own journey of healing and growth, I bring both empathy and curiosity to every conversation. I'm deeply interested in the details, using my instincts to help others discover new insights and pathways forward. The gift of connecting with people, listening to their stories, and supporting their exploration fills me with energy. It's where I'm meant to be.

Coaching creates a space for reflection, self-discovery, and growth. It empowers you to identify your true goals, recognize your strengths, and explore possibilities you might not have considered before. With deep listening, we can uncover hidden blocks, gain clarity on what's holding you back, and make empowered choices for moving forward. Whether you're navigating life transitions, overcoming challenges, or simply looking to live more authentically, this coaching provides the support you need to move with confidence and purpose.

I am here to help you find wellness, balance, and joy in your life. Whether you're feeling stuck, overwhelmed, struggling with fear or anxiety, navigating changes and transitions, or exploring your LGBTQIA+ identity, I'll support you as you create the life you deserve.

If you're ready to share your journey, I'm here to listen, understand, and support you. Together, we can create a space where you feel heard, energized, and empowered.

Email to book a discovery call: [lucajdl8@gmail.com](mailto:lucajdl8@gmail.com)

## Lisa Keay

Hi there, I see myself as a perpetual work in progress, always adding to my toolbelt . My favourite thing is connecting with others. Now, I am embracing Life Coach as a new tool. My goal is to shine the light on you, helping you recognize that you already have the answers within you. Through this process, I continue to grow and deepen my understanding of the ever-expanding human experience that connects us all.

Email to book a discovery call: [lkkeay@gmail.com](mailto:lkkeay@gmail.com)



## Libby Preston

Life often brings unexpected twists and turns that can throw us off our center and leave us feeling lost and uncertain. As a result, many of us live our lives in a state of nervous system overload. From that place it is almost impossible to do anything except react and stay stuck in survival mode. When we find ourselves adrift, we all have the capacity to recalibrate back to our true selves. From the energy of wholeness, we can create a life we don't have to escape from and learn to flow with the art of creation. We can begin to let go of the pressure to get it right and release the fear that we need to earn our worthiness.

This takes persistence because our lizard brain evolved to save us from being eaten by a tiger so it doesn't want to let go and tries to convince us that we need to stay controlled and play it safe. Many of us searched for safety in perfectionism, people pleasing, pretending and playing small only to awaken in a life where we feel disempowered and disconnected from ourselves. When we remember how to be present in our lives, we can come home to our true nature and fully embody our creativity, feel alive in our authenticity, and rest in our integrity.

A first step is to create a felt sense of safety in your nervous system so your body knows how to experience peace within so you can move toward what truly lights you up. It's a profound and liberating transformation when you remember yourself as an inherently lovable, wildly creative human who can not only endure — but one who will evolve, thrive and feel fully alive. My coaching style combines the best of brain science, mind-body-spirit healing tools, and intuition to cultivate a creative process of inner exploration that will inspire you to take meaningful action toward the life you envision for yourself.

Book a discovery call: <https://calendar.app.google/JQnPnjm6q1Mnm53Q8>

## Sarah Geary

Hi, I'm Sarah — a coach, trainer, and entrepreneur with 15 years of experience helping people navigate growth, change, and the questions that shape their lives. I believe the best work we can do is stay curious — to pay attention to what lights us up and build from there.

My own path has been anything but linear. I've built businesses that worked and others that didn't. I'm grateful for both. They taught me that clarity comes through action, and mistakes are excellent teachers.

Today, I help individuals and teams get clear on what matters most and take steady, thoughtful steps toward a life and work that feels like their own.

My coaching is grounded in conversation, reflection, setting measurable outcomes, and thoughtful next steps — always with room to grow, shift, and evolve.

Book a discovery call: <https://calendly.com/geary-sarah/callwithsarah>



## Malgorzata Mozolewska

My professional journey has been centered around creating beauty in the outside world through art and design (Master of Arts), working in international design studios, and later running my own jewelry brand.



My personal journey, however, has been about searching for inner beauty—the calm oasis within, nurtured by self-love, peace, and freedom. The burning question for me has always been: What does it mean to feel happy? What does my personal freedom look like? What is the life I want to live? There are so many rigid boxes we're told to fit into—based on our religion, upbringing, gender, social status, age, etc. These often contradict each other, confuse us, and become unmanageable, leaving us feeling suffocated, stuck, burned out, miserable, less-than, and even depressed (list is much longer).

Each of us has a unique path and voice that can bring fulfillment, but to get there, we need to question and examine what lies in our subconscious mind. I've found that many of us operate on autopilot, influenced by ingrained patterns and beliefs we've absorbed over time, which often contradict our true desires. Research suggests that the subconscious mind drives the majority of our decisions and behaviors, often without our awareness. As a result, we either feel stuck (in the best-case scenario) or hate ourselves and our lives (in the worst-case scenario), without knowing how to change it.

If you're searching for a deeper understanding of your current situation, open to questioning things, and ready to explore a more aligned life path, please book a discovery call with me: <https://calendly.com/malgorzatam> or email me with any questions you have: [hellocalmwaters@gmail.com](mailto:hellocalmwaters@gmail.com).

I would be honored to create a safe space for you to do so.

## Agnieszka Szafranowska

Hi there, you can call me Agi. For the past twenty years I have been living, studying, travelling and working around the world mostly in the humanitarian field working in conflict settings seeing the best and the worst of humanity. Often I was working under pressure, overwhelmed, in constantly changing circumstances, and in hindsight largely ignoring my own needs. An autoimmune disorder and burn out forced me to start asking different questions and better understand myself and my purpose in this world, which ultimately led me down this path to align my mind, my body and soul.

I'm passionate about applying the insights and strategies I've gained through my personal and professional developments to help you navigate your challenges effectively even if the future feels uncertain. It's about guiding you back to your inner compass so you can move forward with confidence and authenticity. Whether you're feeling stuck, overwhelmed, or just ready for something more meaningful, this is a safe space to explore, grow, and get grounded.



Contact me for a discovery call and we can decide where to go from there:  
<https://calendar.app.google/yBPGhqrldweR4qvNA>



## Erin Johnson

I balance life as a single parent to two young children in the Western United States. As a member of the LGBTQ+ community, I value authenticity in both my personal and professional life. My professional background spans early childhood education and healthcare, giving me a solid understanding of both cognitive development and physical wellbeing. Currently, I lead a team of literacy specialists who work across elementary schools throughout my state.

My personal transformation began four years ago when I became a single parent to my then 4-year-old and 1-year-old children. During this challenging transition, I discovered Martha Beck's work on personal alignment and began applying these principles to rebuild my life. The process of reconnecting with my core values and creating a life that reflects them has been transformative, bringing unexpected clarity and fulfillment.

What I've learned through both my professional expertise and personal experience is that sustainable change happens when we make choices that align with our authentic selves. I now help others navigate their own transitions with practical tools and evidence-based approaches. My clients appreciate my straightforward methods for identifying what truly matters to them and developing actionable steps toward meaningful change.

I'm committed to creating a coaching relationship built on respect, practical guidance, and genuine connection. My goal is to help you build a life that works for you—one decision at a time.

Email to book a discovery call: [Erin.ro.johnson@gmail.com](mailto:Erin.ro.johnson@gmail.com)

# Laura Timm

## A Little About Me

After a rewarding 35-year career in financial services, specializing in designing and implementing investment infrastructure and leading organizations through transformational change, I've transformed my passion for mentoring others into a dedicated mindfulness and life coaching practice. In addition to professional challenges, I have navigated the sometimes overwhelming task of juggling career, family, and personal interests, all while suffering from chronic pain and anxiety. I'm passionate about guiding others through the challenges of modern society to find the freedom, joy, and purpose of living their best life.



## My Approach

My coaching approach draws from my experiences and incorporates mindfulness practices and coaching techniques in a supportive environment that encourages authentic growth. I help clients:

- Identify subconscious patterns driving their decisions
- Develop practical strategies aligned with their goals
- Examine what's working, what isn't, and what needs to change
- Make choices that genuinely reflect their values

## My Commitment

I won't impose external solutions. Instead, I create a space where you can develop the clarity and confidence to make decisions that align with your authentic self. If you're ready for a thoughtful, practical approach to creating meaningful change, I'd welcome the opportunity to support your journey toward a life that truly reflects your goals and passions.

## Degrees/Certifications

BS Accounting, Chartered Financial Analyst (CFA), Certified Public Accountant (CPA), Certified Yoga and Mindfulness Teacher, and completing Life Coach Certification (July 2025)

Book a discovery call: <https://lauratimm.as.me/> (Select Life Coaching Discovery Call, 30 Minutes)

# Cynthia Chen-Joea

Dr. Cynthia Chen-Joea is a career and life coach dedicated to helping professionals overcome burnout, gain clarity, and achieve their "career by design" goals—all while cultivating a healthy work-life balance. She is a double board-certified physician in Family Medicine and Obesity Medicine and currently serves as Medical Director of Copa de Oro Medical Group in Southern California. She also currently serves as the New Physician Director on the Board of Directors for the American Academy of Family Physicians (AAFP). She is passionate about advancing wellness, advocating for systemic change, and supporting professionals in building sustainable, fulfilling careers.

Outside of work, Dr. Chen-Joea enjoys spending quality time with her 19 month-old daughter and nine-year-old pup, traveling and exploring new cultures with her family, savoring delicious food, practicing yoga and Pilates, and indulging in the occasional Netflix reality TV binge.



Book a discovery call: <https://www.thrivationcoaching.com/free-30-minutes-strategy-call>

## Sabine Chalopin

I love working with clients who feel stuck, either in their careers, relationships or just life generally. I know what it's like – it may seem that we have it 'all sorted' but deep down, we mull over so many questions, such as 'what's my purpose', 'is this really where I want to be' or 'what's next'?

As a wife, mother of three teenagers and an international career spanning 20 years, I know what it's like feeling stuck, and then worse, feeling guilty about it too! Coaching and movement have really helped me re-frame a lot of my limiting beliefs and instead of feeling stuck, finding expansion and a zest for life.

My offering to you is to help you get unstuck with tools that I have learnt along the way from Martha Beck's coaching program and from being a certified yoga teacher. Your inner wisdom is waiting for you to resurface. I look forward to this journey together!

I am based in London, UK.



Book a discovery call: <https://calendly.com/sabinechalopin/discovery-call>

## Joan Wang

I know firsthand the transformative power of curiosity and perspectives in creating space to navigate life's complexities. Through my continuous journey of self-discovery, I've learned that true solutions emerge when we start to pause and listen deeply. Drawing from my personal path, I would like to share this space with you - where we can move beyond surface-level solutions and meet your inner wisdom. Together, we'll witness what unfolds when we have room to see ourselves clearly.

Book a discovery call: <https://calendly.com/d/cm38-kdf-z86/meet-with-joan>



## Elizabeth Cohn

I am a mother of two adult children. I've walked through the fire and now I want to help other women achieve their dreams.

Coaching Focus Areas: Specializing in women going through life, personal, career family etc.

Email to book a discovery call: [liz@forageojai.com](mailto:liz@forageojai.com)





## David Toner

Leveraging decades of consumer marketing expertise and a passion for personal transformation, I guide individuals to discover and embody their authentic selves. My coaching practice combines proven principles of human connection and introspection with diverse coaching methodologies to create personalized growth experiences.

Having spent my career sharing products that enhance people's lives, I now focus on empowering individuals to transform their own stories. Drawing from both my professional background and personal journey, I help clients overcome obstacles and limiting beliefs to gain clarity and design fulfilling futures they truly deserve. My approach bridges strategic thinking with deep emotional intelligence, to identify sustainable approaches that resonate in all aspects of life.

Coaching Focus Areas: Career development, life transitions, grief, wellness.

Book a discovery call: <https://calendly.com/davidptoner/>

## Leila Barkhordar

In today's fast-paced world, it's easy to get disconnected- from ourselves, our purpose, and what truly matters. It's easy to get lost in the noise. Through deep listening and thoughtful exploration, I would love to help you tune back into your own inner voice. We can explore where you are now, where you'd love to go, and how you can get there-in a way that feels authentic and aligned with your true self.

I believe that staying curious, analysing your thoughts, and listening to your body's messages are powerful steps towards clarity and growth. Sometimes, awareness alone is enough to spark change.

I would be honoured to hold the space for you as you begin that journey.

Email to book a discovery call: [leilabarkhordar@googlemail.com](mailto:leilabarkhordar@googlemail.com)





## Alexander Ball (Sandy)

I began wholeheartedly walking my path of healing several years ago. It started with the experience of a deep heart connection that I had previously not known was possible. Now I know that it's more than possible... it's essential. We heal together.

My goal as a coach is to cultivate this connection as authentically as possible. To sit in full presence with you, hold space, and help you feel seen. One of the things that I like best about coaching is that it taps into your own inner wisdom to find the healing that you need most. You get to forge your own path forward, and the result is so powerful.

I believe we are capable of so much more than we've been led to believe. True healing and growth takes place on the inside, and this is where we can safely go together, should you feel the call. With gentle guidance and authentic curiosity, I can help you open some doors to previously unexplored places. But you will be the one walking through. Together, we can unearth your "next best step," get clarity on a decision you are trying to make, or simply explore and challenge some limiting beliefs.

Book a discovery call: <https://calendly.com/sandmasterflash/introductory-call>

## Template Email

Subject: Interested in Setting Up a Discovery Call

Dear [Coach's Name],

I came across your profile through the coaching opportunity being offered and wanted to reach out.

I'm interested in setting up a discovery call to learn more about your coaching style and to see if we'd be a good fit. I'd also like to discuss how coaching might help me with some of the goals and challenges I'm currently working through.

Thanks so much for your time. I look forward to hearing from you.

Best,

[Your Full Name]

[Your Contact Information]