

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.

Rebecca Hefele

I've spent over 35 years as a pharmacist, working closely with HIV patients and in the corporate world. Along the way, I've also embraced many roles—partner, mom, grandma—and I've found that staying active through workouts and yoga is key to keeping both my body and mind healthy. Breathwork and meditation are my go-to tools for grounding myself every day, helping me stay calm and focused no matter what life throws at me.

What truly drives me is helping people discover who they are and what they truly want in life. I love listening deeply and creating the space for others to find their own answers. This has been the foundation of my work and practice.

One of the most powerful tools I've found along the way is the Enneagram, a personality test. It's helped me uncover some of my own hidden patterns, and I'm excited to use it to help others do the same—discovering more about themselves and how they can live more authentically.



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

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

I'm an adventurous life explorer, humanist at heart, and former corporate marketer and business leader now dedicated to life coaching. My professional expertise spans business consulting, brand-building, communication, project management, mentoring, and creative thinking.

With a Bachelor's in Computer Science and an MBA, I bring analytical rigor to the human experience. My diverse interests include travel, health and wellness, arts and crafts, design, neuroscience, spirituality, and personal development.

Throughout my life, I've followed my heart and intuition, even when social and cultural expectations pointed elsewhere. I find joy in continual self-discovery and exploring the world around me. I've navigated significant changes, overcome burnout, and faced challenging life situations while: challenging limiting belief systems; forging new paths forward; advocating for myself and others; uplifting those around me; and creating space for authentic self-expression, especially for women and those finding their voice.



I am deeply passionate about living a wholesome life filled with freedom, love, meaning, and genuine aliveness. Having experienced the loss of my own spark amid life's complexities—and the courageous journey to rediscover it—I understand the importance of living authentically.

I care deeply about embodying my inner truth and guiding others to theirs. This enables people to align their lives with their authentic selves and realize their full potential.

If you're seeking to connect with your true self for clarity, guidance, and direction, I would be honored to partner with you. Together, we'll embark on a 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, communicating with care, 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 1-Hour Discovery Session)



Cindy Pang

With advanced credentials in global marketing (MS, MBA) and 15 years navigating corporate leadership, I've complemented my professional expertise with a decade dedicated to personal healing and transformation. This dual journey has equipped me with a rare combination of strategic business acumen and profound wellness wisdom.

I bring together corporate leadership experience, strategic analytical thinking, intuitive understanding, worldly perspective, genuine curiosity, and deep empathy. My extensive exploration of multimodal wellness approaches has given me practical tools to help others navigate their own paths to wholeness.

I'm passionate about guiding individuals toward comprehensive wellbeing that honors all aspects of self, authentic self-empowerment through awareness and choice, and purpose-driven career paths that align with core values and innate gifts.

Together, we'll create a journey that feels deeply fulfilling, meaningful, and aligned with your true nature—integrating professional success with personal wholeness.

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

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





Libby Preston

"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." — Howard Thurman

Hi, I'm Libby. I have a Bachelor's degree in Sociology and a Master's in Social Work and I worked in the area of child welfare before taking time off from my career to raise my two children. Over the past several years I've been on a journey of self-discovery to live a life in alignment with my truest self & deepest desires after decades of living my life for other people and being disconnected with my authentic self.

While I believe the truth is liberating, it can be highly uncomfortable in this modern world when one decides to align with their essential selves, rather than the social selves our family & culture often demands. Living a life of integrity, however, is priceless and deeply fulfilling when we can trust ourselves to cultivate a life of purpose, presence and joy. When we can tune in to our own unique potential & connect with the deepest longings of our inner truth we come alive and align with a values-driven life filled with passion, creativity and self-leadership.

I believe coaching is a collaborative process where you are the expert of your life. My role is to foster a safe and supportive environment that invites access to your inner wisdom & intuition so you are empowered to live consciously with clarity, vitality and wholeness.

Email to book a discovery call: soulgrowthcollaborative@gmail.com

Sarah Geary

Hi, I'm Sarah. A Florida native who spent a decade building businesses in Barcelona after college. Those years in Spain transformed my perspective and sparked my entrepreneurial drive.

Throughout my career, I've navigated the full spectrum of professional satisfaction—from the structured world of accounting to the challenges of business ownership. Each role taught me valuable lessons about what works, what doesn't, and what truly matters.

For the past ten years, I've focused on teaching, training, and coaching. I excel at helping people identify their strengths, overcome obstacles, and map out practical next steps. My approach combines analytical thinking with real-world experience—no abstract theories, just strategies that work.

I'm practical, direct, and committed to continuous learning. My clients appreciate that I've been where they are: making tough decisions, changing direction, and building something new. If you're looking for clarity and actionable guidance rather than vague inspiration, we'll work well together.



Email to book a discovery call: hello.geary@gmail.com

Małgorzata Mozolewska

My professional journey began with a Master's degree from the Academy of Fine Arts, followed by years in the design field—first at a prestigious Amsterdam studio before venturing into independent projects. After relocating to London, I studied gemmology and established my jewelry brand, which I continue to operate today.



Throughout my career, I've maintained a parallel interest in understanding mental wellbeing and what constitutes a fulfilling life. This wasn't merely academic curiosity; I was navigating my own challenges with depression, disordered eating, and self-worth issues. Over a decade of research and personal development, I discovered effective approaches that transformed my own life. By 2020, I felt equipped to help others and pursued professional coaching certification.

My approach is grounded in evidence and experience. I've found that many of us operate on automatic pilot, influenced by ingrained patterns and beliefs we've absorbed over time. Research suggests that our subconscious mind drives the majority of our decisions and behaviors, often without our awareness. My coaching focuses on identifying these hidden influences and developing practical strategies to align your actions with your authentic goals.

I create a structured environment where you can examine what's working in your life, what isn't, and what changes might bring greater satisfaction. Rather than imposing external solutions, I help you develop the clarity and confidence to make decisions that genuinely reflect your values and aspirations. If you're ready for a thoughtful, practical approach to creating meaningful change, I'd welcome the opportunity to support your journey.

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

Agnieszka Szafranowska

I'm passionate about applying the insights and strategies I've gained through my professional development to help you navigate your challenges effectively. I recognize that working with a coach requires trust—sharing your thoughts and experiences with someone new can feel uncomfortable. That's why I prioritize creating a confidential, supportive environment where you can speak openly without fear of judgment. My approach focuses on helping you identify your core values and strengths, then developing practical ways to align your daily choices with what truly matters to you. Together, we'll build a roadmap toward the fulfilling life you envision, with clear steps and accountability that transform aspirations into reality.

Email to book a discovery call: a.szafranowska@gmail.com





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

Laura Timm

I recently retired from a 35-year career in financial services, working primarily with trading and investment teams to build infrastructure (people, process, and technology) to support complex trading strategies and investment approaches. One of the things I enjoyed most in my career was working with people to explore their strengths and interests and guide them in their professional development and growth. While I am grateful for my experiences and enjoyed my career a few years ago, I felt stuck and unsatisfied. I realized that along the way, I had started making choices based on safety and security rather than interest and passion. I needed a change. Letting go of limiting beliefs and following my dreams has led me to teach yoga and mindfulness, and life coaching.

My corporate background provides invaluable insight into professional development and organizational dynamics. Meanwhile, my training in yoga and mindfulness brings a holistic dimension to my practice, addressing both professional objectives and personal fulfillment. I understand that meaningful change comes from aligning actions with authentic values—whether you're seeking to advance in your current role, improve work-life integration, or explore new possibilities.



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.

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>

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]