

# Free Coaching\*

\*Yes, it's free....but only for those who sign up by September 1, 2025. The number of free sessions varies by coach.

Thirty coaches are nearing the completion of Wayfinder Life Coach Training, a 200+ hour program known for its depth, rigor, and transformative impact. Once certified, the average starting rate for these coaches will be \$200 per hour, making this opportunity a rare chance to experience high-quality coaching at no financial cost.

Below, you'll find the coach profiles, each with a link or email to schedule a discovery call.

Questions?

Contact: Tanya Garcia  
[tpgarcia@email.unc.edu](mailto:tpgarcia@email.unc.edu)





# Dana Katsura

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Hi, I'm Dana. I combine the Wayfinder model of coaching with the self-determination framework from disability studies. My goal as a coach is to help people gain confidence in their power as decisions makers and designers of their own lives!

Coaching focus: Clarify goals; Overcome obstacles;  
Create positive change



[Book a Discovery Call](#)



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# Mai Alshawaf

I am a family counselor and child behavior modification specialist. I'm currently in the Wayfinder's Life Coach Training Program and looking for more opportunities to coach and provide help.

I generally focus on parenting, family dynamics and neurodiversity but can work with anyone interested on any focus area they like.



Email to Book a Discovery Call:  
[mimi.alshawaf@hotmail.com](mailto:mimi.alshawaf@hotmail.com)





# Danny Evans

I'm a grounded, no - BS coach that helps people get clear, get present and connect with what really matters. My background is in high end construction and leadership and I work with people who want to stop performing and start living with more honesty and intention.

Coaching focus: Relationships, Leadership



Book a Discovery Call



# Melissa Willowhawk

Powerful questions reveal the pathways to helping you get unstuck and helping you recognize and harness your full potential. I practice coaching that delves into the roots of a topic to bring increased awareness, clarity and perspective shifts that catalyze your desired changes. These are the hallmarks of the work I love to do with clients. Where you choose to go in coaching is a resonant path for you. Coaching gifts the space for shifts to happen, and a partner who helps track for you – together these help to turn your intentions into real outcomes.

I bring 25+ years of professional experience working with the physical, spiritual, and energetic body and translate those deep practices into grounded, practical insights that facilitate growth and alignment in both body and mind. We open the doorways of inquiry with powerful questions and access the root of insights, realignment and transformation.

We might work together exploring emergent topics involving relationship dynamics, power thresholds or refining boundaries. You may wish to understand more about your personal energy patterns or for support in balancing a powerful mind with a sense of flow. No matter the topic brought forward, your curiosity to explore together is most welcome. You can learn more at [EmbodyingAlchemy.com](https://EmbodyingAlchemy.com) (coaching page) and if you are ready to see how we might work together – you can book a 30-minute free coaching intro call.

As a special offering for JSM, I am offering a limited number of 3 coaching session arcs, free of charge – called the Authentic Alignment Arc.



[Book a Discovery Call](#)



[Website](#)





# Shelley Ballance Ellis

I didn't pivot, life catapulted me. When my entertainment career came to a halt, I found myself on the front lines of a life-changing trajectory: the learning line.

That experience exposed the gap between what companies say they value and how they actually show up for people in Black, Brown, Asian, Caribbean, Latin, Middle-Eastern, Pacific-Island, trans, or differently-abled bodies. I've lived, and was required to function in the midst of those disconnects. In the process I learned a lot about myself and about aligning values.

Now, I coach attorneys, creatives, consultants, executives, managers and other individuals with empathy, nuance, and cultural intelligence, to close that gap in their business and personal lives.

My work is rooted in a singular intention: to help individuals and teams make their mission and value statements more than just words, but lived experiences that foster safety, belonging, and deep cultural enrichment (within themselves and the communities that they find themselves).

If your mission or value statement could talk, would it say that your life reflects its mission and values on all levels? If not, please consider signing up for this opportunity to gracefully move from the learning line to the goal line.

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Book a Discovery Call







# Kathleen Fardeen

Hi, I'm Kathleen! I'm passionate about helping people gain clarity, build confidence, and take meaningful steps toward building the life and leadership experience they want. In our coaching sessions, we'll focus on what matters most to you—whether it's navigating career transitions, strengthening leadership skills, or creating a life that feels more aligned and fulfilling. Together, we'll uncover insights, set intentional goals, and identify small but impactful steps to help you move forward. Coaching is a space for discovery, growth, and real change. If you're ready to explore new possibilities, I'd love to support you on that journey. Let's connect!



[Book a Discovery Call](#)







## Alexander Ball (Sandy)

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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](#)

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# 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)





# David Toner

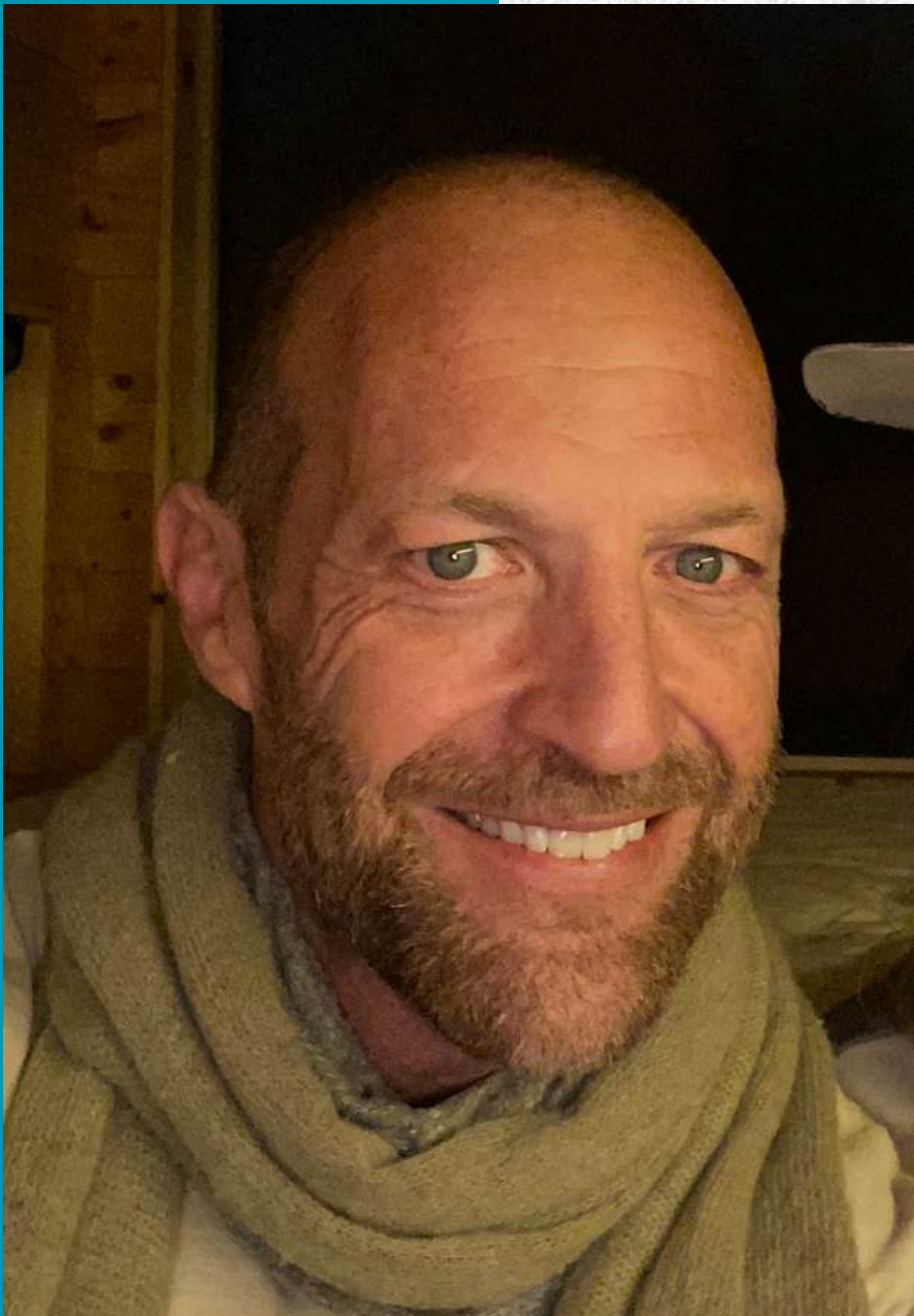
**Finding Simplicity with David Toner – return to your authentic self through transformational coaching.**

What if your path forward isn't about adding more, but rediscovering what's already there? I believe that meaningful lives and profound growth require looking through fresh eyes—returning to the childlike wonder and innate clarity we once knew naturally. In a world that often equates growth with accumulation and external measures, I offer a different path.

Here transformation unfolds through seeing differently rather than seeking more. After decades in marketing helping craft brand stories that inspired millions, I discovered that the most meaningful narrative is about coming home to ourselves. As a Wayfinder Life Coach and Transitional Intelligence practitioner, I guide clients through periods of significant change with compassion and clarity.

Through our work together, you'll clear away what conceals your essential self and return to the wisdom that's always been yours. My approach combines evidence-based coaching methodologies with intuitive guidance, creating a space where your authentic self can emerge naturally and you can move forward with renewed purpose

If you are ready to pursue this unfolding path, please schedule a 15-minute intro and vibe check to explore how Finding Simplicity could support your journey toward authentic living.



Book a Discovery Call

(Select 15-minute intro and vibe check)





# Elizabeth Cohn

Born with an artist's eye and a creative spirit that refused to be contained, I've spent 47 years learning that the path to authenticity is rarely a straight line. My journey with flower design began as a calling I couldn't quite trust - caught between societal expectations of what constitutes a "real job" and the undeniable pull toward creating beauty with my hands.

For years, I found myself in a familiar dance - moving toward interior design when I thought I needed something more "legitimate," only to be drawn back to the flowers that spoke to my soul. Each return felt like coming home, yet I struggled with the nagging voice that questioned whether following my passion was enough.

Being self-taught meant learning through trial, error, and an endless hunger for knowledge. I was fortunate to cross paths with talented, inspiring people along the way, but I deeply felt the absence of true mentorship - someone who could have helped me trust my instincts and validate my chosen path earlier.

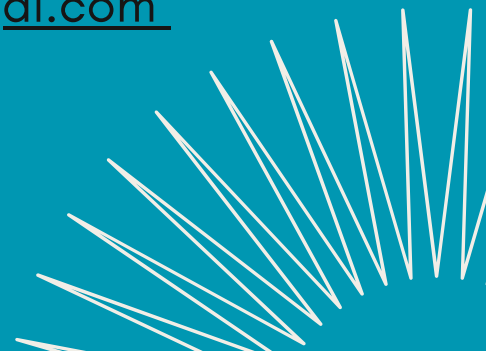
At 36, everything shifted when I made the bold decision to leave Boston, the only home I'd ever known, for California. It was there I met the man who would become my husband, and suddenly my life expanded in ways I hadn't imagined possible. Building a blended family with two adult children taught me new dimensions of love and resilience.

The greatest transformation, however, has been internal. After decades of questioning my worth and my choices, I've finally arrived at a place of deep self-acceptance. I can now own my expertise, trust my creative vision, and embrace the unique path that led me here - including all the detours that once felt like failures.

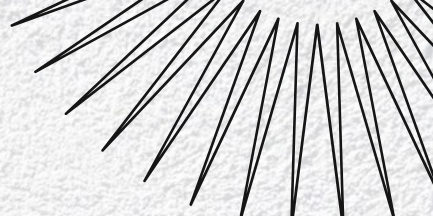
Today, I'm committed to being the mentor I always wished I'd had, knowing that my winding journey has given me something invaluable to offer others who might be struggling with similar doubts. I've learned that true success isn't about choosing between different areas of life, but about finding the thread that connects them all - your genuine self. When you honor that, everything else has a way of falling beautifully into place.



Email to Book a Discovery Call:  
[lize@forageojai.com](mailto:lize@forageojai.com)







# Joan Wang

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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](#)



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# Sabine Chalopin

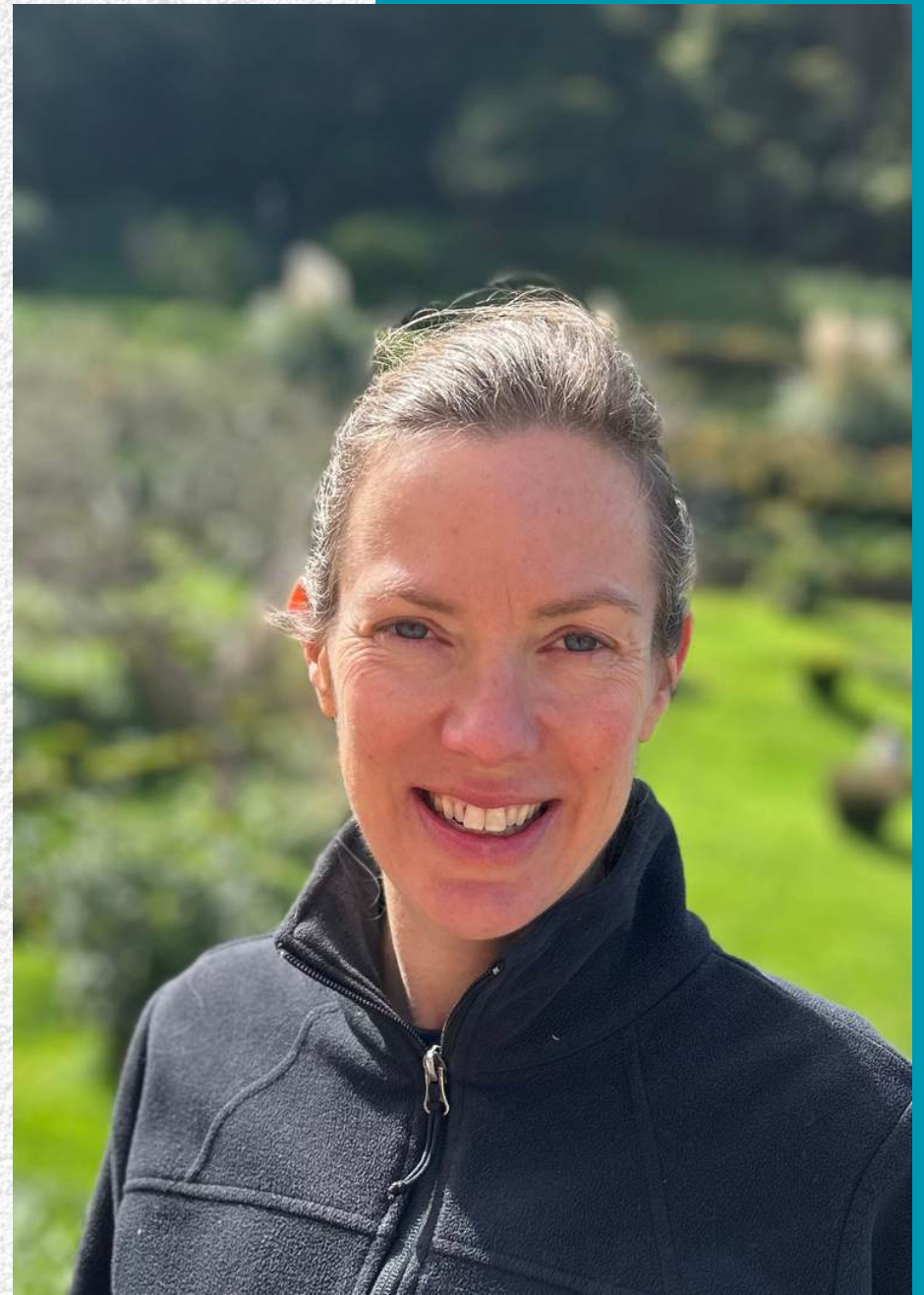
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I love working with clients who feel stuck, either in their careers, relationships or just life generally. I know what it's like – it may seem that we have it 'all sorted' but deep down, we mull over so many questions, such as 'what's my purpose', '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](#)







# 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](#)





# 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 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**

(Select Life Coaching Discovery Call,  
30 Minutes)







# 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)







# Agnieszka Szafranowska

Hi, I'm Agi.

For over a decade, I've worked internationally in demanding, high-stakes environments, guiding people and teams through complex challenges and constant change. Along the way, I've navigated many personal and professional transitions—across roles, cultures, and life chapters—which deepened my understanding of what it means to feel ungrounded, uncertain, and ready for something more aligned.

We live in a world that's increasingly volatile and unpredictable. In the midst of this external noise, there's one place we can always return to: our inner knowing. It's quiet, but steady—and when we learn to listen, it can guide us toward a life that feels deeply true.

Today, I work with people who are at a turning point—navigating burnout, change, or simply sensing that it's time for something more meaningful. Many of the people I work with aren't just trying to cope—they're ready to grow. They want to realize more of their potential, reconnect with their purpose, and lead from a place of authenticity.

My approach blends practical insight with intuitive guidance to help you move forward with clarity, confidence, and alignment.

This is a space to pause, reflect, and reimagine what's possible—so you can create your next chapter from within.

Curious to explore what's next? Let's connect.



[Book a Discovery Call](#)







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



Book a Discovery Call





# Sarah Geary

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](#)





# Libby Preston

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I work with soulful individuals with sensitive nervous systems who are navigating chronic illness, burnout, neurodivergence, and major life transitions. As a Wayfinder Life Coach with a Master's in Social Work, my approach is compassionate, forward-focused, and deeply client-led; honoring each person as the expert in their own life. I hold trauma-aware space with warmth and radical permission, inviting clients back into connection with their full truth, their body's innate wisdom, and the quiet clarity of their inner compass. From this foundation of safety, growth and healing naturally unfold in ways that are aligned, sustainable, and honors clients' needs and values.

My coaching weaves neuroscience, mind-body-spirit modalities, and intuitive presence grounded in my lived experience with chronic illness, neurodivergence and nervous system dysregulation. I hold space for the full spectrum of human experience, honoring each client's pain without bypassing it. Together, we explore their relationship with pain, not as something to fix, but as a potential portal to self-awareness, empowerment, and inner transformation.

At the heart of my coaching is a deep trust in each client's innate wholeness, inner wisdom, and natural capacity for healing and growth. I partner with clients as they recalibrate to their true nature, remembering themselves as inherently worthy, deeply lovable, and wildly creative beings. Together, we co-create space not just to endure life's challenges, but to evolve through them with courage, self-trust, and integrity.

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[Book a Discovery Call](#)







# Lisa Keay

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Hi, I'm Lisa, a life coach-in-training with a passion for helping people communicate better—whether it's with their partner, their kids, or even their dogs! I believe that clear, compassionate communication can transform relationships and create deeper connections.

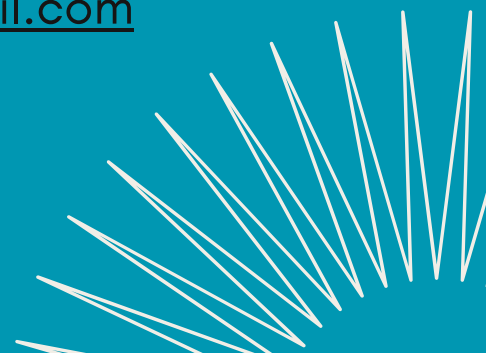
I specialize in helping people navigate tough conversations, improve their understanding of others, and build stronger, more harmonious relationships—whether human or canine. My approach is grounded, easygoing, and deeply relatable, making it easy for you to feel comfortable and heard as we work together.

I'm currently offering free coaching sessions as I complete my training, so if you're looking for a fresh perspective or just want to talk something through, I'd love to connect and support you.

Let's start a conversation!



Email to Book a Discovery Call:  
[lkkeay@gmail.com](mailto:lkkeay@gmail.com)







# Luca Jimenez

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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.

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.

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Email to Book a Discovery Call:  
[lucajdl8@gmail.com](mailto:lucajdl8@gmail.com)





# Sandy Oh

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What if change shows up at your door unannounced, unwelcome and unavoidable? In an era of funding cuts, job uncertainty, and career disruption, the traditional path of job security followed by retirement is no longer guaranteed. There is never a better time to re-evaluate your values and dreams, map out your portfolio of possibilities and have a strategy towards your goals.

I know this territory intimately. At forty, despite a socially acceptable resume—Oxford and Chicago degrees, investment banking success—change knocked on my door unannounced. I left banking lost and confused, and did something I have never done before: I hired a mentor to help find my purpose. Since then, I have focused on independent work that energizes me: coaching, consulting, teaching and writing. Along the way, I uprooted from Singapore to live in San Francisco and now Tasmania, Australia.

As your Life Strategist, I guide you through two essential stages: First, we clarify your 'Why'—ensuring your next moves align with what truly matters to you. Then we focus on the 'How'—creating practical strategies to bridge where you are with where you want to be.

If this is what you want to do, book a discovery call with me.

As my service to the Joint Statistical Meetings (JSM), I will offer three pro-bono sessions to two clients who sign up by 31 August.



[Book a Discovery Call](#)







# 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](#)



# 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](#)





# Cindy Pang

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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.

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Book a Discovery Call







# Jodie Palmer

## You feel something calling.

Maybe it's a bold vision. Maybe it's just a quiet knowing that something needs to shift—now.

Maybe everything's been shaken up, and you're trying to make sense of what's next.

I'm Jodie, a coach for people on the edge of change. You might not have it all mapped out—but you know this: you can't ignore it any longer.

My clients come when they feel the pull—toward something deeper, freer, more true—but need clarity on where to start, what's in the way, and how to move forward with purpose.

Together, we'll cut through the noise, uncover blind spots, and turn roadblocks into doorways. You'll move with energy aligned with meaning and the grind will give way to flow.

## Something unmistakable is calling.

Let's find out what it is—and bring it to life.

👉 Schedule a free 1-hour Discovery Call.

🌟 **Special for the Joint Statistical Meetings:** 3 free coaching sessions over 6 weeks, available through the end of 2025.

## Why work with me:

With over 30 years in education and leadership, I bring a steady presence, deep listening, and lived experience to my coaching. My work blends intuition, practical tools, and a gift for helping people find their own compass in the middle of change. Grounded in soul-centered practice and shaped by a lifelong devotion to growth, I offer space for clarity to emerge—especially when the path ahead feels uncertain.



[Book a Discovery Call](#)







# Heidi Grant-Starr

## Meet Your Coach: Guiding You Toward Holistic Well-Being

I believe in nurturing holistic growth—focusing not just on measurable outcomes but on cultivating better habits and a deeper understanding of your body and mind.

As a certified Health Coach through Mindbodygreen, I've been trained in a whole-person approach to wellness that blends science-backed strategies with intuitive living. I'm also currently completing the ICF-accredited Wayfinder Life Coach Training by Martha Beck, a program rooted in helping people connect to their inner wisdom and create meaningful change.

Life and health coaching go hand-in-hand. Together, they offer a powerful framework to support you in navigating transitions, improving well-being, and reconnecting with purpose. Whether you're working through limiting beliefs, building healthier habits, or simply craving a life that feels more aligned—I'm here to guide you with personalized support, accountability, and care.

I value the strength and potential in everyone. I believe in facing fears, embracing growth, and celebrating all wins—big or small. Gratitude is at the core of how I coach, because every step matters.

We have one life to live—so why not be the creator of your experience? Let's build something vibrant together.



[Book a Discovery Call](#)



[Website](#)







*Alicia Hernandez*

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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)







# Gilles Ranturean

I am Gilles, a full professor of biochemistry at Université Claude Bernard Lyon 1 in France.

Throughout my career, I have navigated the challenges of balancing research projects, grant writing, and heavy teaching responsibilities, while managing uncertainty and frustration regarding my professional trajectory.

I have seen many talented colleagues grow tired, unhappy, and disconnected, unsure of how to regain a sense of meaning and satisfaction in their academic lives.

Having progressed through every stage of the academic journey myself, from Master's student to PhD candidate, junior and senior postdoctoral researcher, associate professor, and now full professor, I understand how demanding and emotionally taxing academic life can be.

I have worked in highly competitive environments, both in France and abroad, and have encountered a wide range of professional relationships, from supportive mentors to difficult colleagues.

Today, alongside my academic responsibilities, my aim is to help fellow academics rediscover joy, clarity, and motivation, and to build the confidence needed to intentionally design careers and lives that are grounded in meaning and purpose.

This is possible. I have done it myself.

Let us work together so you can fully express your scientific expertise and creative potential.



Book a Discovery Call

Make sure to select your correct time zone!



Website







# Rebecca Jackson

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