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As an executive coach, I work with business leaders, managers, entrepreneurs and professionals in private practice to achieve career, business and life goals. Most recently as a result personal experiences and client interest, I have developed a coaching approach to legacy and wealth transfer planning. Prior to coaching, I started out in teaching and then after completing a Masters Degree in Psychology, started a personnel recruiting company which then lead to working in career/outplacement consulting; coach and management training for corporations and universities. In these various capacities, I enjoyed learning about the challenges of clients in professional disciplines such as: finance, marketing, supply chain management, publishing, law, education and medicine.

As an outcome of many career/life experiences, extensive world-wide travel and a keen interest in people, I have developed an intuitive approach to coaching expressed through providing feedback, offering ideas and challenges. My focus is on helping clients develop vision, identify possibilities, action strategies, and new ways of communicating that results in their on going ability to accomplish goals. Continuous learning, embracing change, "Getting it better" and thinking creatively have always been a natural approach to life for me. Coaching allows me to co-actively enjoy my passion for personal development, leadership, and creativity with others with the added benefit of partaking and enjoying their success.

Areas of my expertise includes: Career Development, Transition Planning and Rebranding, Business Development, Leadership and Influence Coaching, Performance Improvement, Coaching Skills for Leaders and Managers.

In addition to having an MA in Psychology, I am an International Coach Federation (PCC) certified coach, and a National Board Certified Counsellor (NCC). I currently serve as an Examiner for Columbia University Coaching Certification Programme; was a founding member and past president of a Regional Chapter of the International Coach Federation, and was an instructor for the New York University Coaching Programme and Center For Entrepreneurial Excellence at Westchester Community College in NY.