



Personal Development Coach

Emma Reynolds

Professional summary

Dedicated Personal Development Coach with over 7 years of experience helping individuals unlock their full potential. Proven success in guiding clients through mindset shifts, goal-setting, and self-improvement strategies. Passionate about personal growth, emotional resilience, and work-life balance.

Experience

Personal Development Coach

2019 - Now

MindShift Coaching Group / Boston, MA

- Conduct one-on-one coaching sessions focused on personal growth, motivation, and self-awareness.
- Design and lead workshops on overcoming self-doubt and achieving goals, attended by over 500 participants annually.
- Create personalized action plans for clients to enhance productivity and overall life satisfaction.
- Developed an online coaching program that increased client engagement by 30%.

Life Coach Intern

2018 - 2019

EmpowerU Coaching / Cambridge, MA

- Assisted in developing self-improvement programs and guided clients in building self-discipline and confidence.
- Conducted research on behavioral psychology techniques to enhance coaching methodologies.
- Supported senior coaches in group coaching sessions, ensuring personalized attention for participants.
- Analyzed client progress and provided feedback to improve their coaching experience.

Client Success Stories

- Helped a client transition from an unfulfilling job to launching a successful online business within a year
- Assisted a client in building self-confidence, leading to a promotion at a Fortune 500 company

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Links

in LinkedIn

Education

Certified Life Coach (CLC)

Institute for Professional Excellence in Coaching (iPEC)

2019

B.A. in Psychology

Boston University

2018

Public Speaking Engagements

- Keynote Speaker, "Unlocking Your Potential," Boston Personal Growth Conference, 2022
- Guest Speaker, "Overcoming Self-Doubt," Harvard Mindfulness Series, 2021

Skills

Goal setting & accountability	◆◆◆◆◆
Mindfulness & stress management	◆◆◆◆◆
Emotional intelligence coaching	◆◆◆◆◆
Confidence building	◆◆◆◆◆
Workshop facilitation	◆◆◆◆◆