

JoAnne is a Life Coach, Trainer, and Consultant who guides individuals to get out of their own way and tap into their innate wisdom, strength, and creativity. She assists clients in becoming liberated from the limits of their personal thinking and understanding the effects and importance of our state of mind to enhance both personal and professional development. She works with clients through individual coaching sessions, group trainings, and workshops.

JoAnne graduated from Coach University's Advanced Coach Training program, various other coaching trainings and continues additional transformative coach trainings in the Three Principles understanding of the inside-out nature of how the human mind works for remarkable and sustainable change. She grew up in South Carolina where she graduated with a B.S. degree in Accounting and Finance from the University of South Carolina. She lives and works in downtown Lexington, KY.

As a member of the ICF Ohio Valley Charter Chapter and the International Coach Federation (ICF), she is grateful for the continued growth and development of the chapter and the guiding force that the ICF has been for the coaching profession.