

# PROFESSIONAL COACHING

Whole brain approach will unlock your potential

KATE YOUNG  
ACC



## MEET YOUR COACH

### ABOUT KATE

Meet Kate Young – Although not born in Texas – she got here as soon as she could. Kate is known for helping her clients bring their whole life together, to increase their ability to impact their community. She works with clients through four steps to give them a direction for themselves in manageable pieces. She believes systems are what bring people out of chaos and into their own alignment; inspiring others with fresh insights, action-based approach and systems that simplify their processes.

Kate has over 30 years of experience with education and health care organizations. Her experience includes working with health care and education professionals at all levels, military officers and their spouses, business executives and entrepreneurs. Her coursework was in health technology, with graduate work from Ohio State University and Harvard. She is a best-selling author, and trainer.

Kate will work with you to identify what comes naturally to you and how to work to develop your whole brain thinking into new ways to communicate, interact and process information and create your personal guiding light. This will allow you to go from Overwhelmed to “I Got This!”

### WHO I LIKE TO COACH

My ideal clients are individuals who are overwhelmed and unsure where to go next. Working with you to identify what aspects of personal and professional life are overwhelming. Working with mid-level providers who balance professional and personal lives. It's key to understand what is important for you and your role and what is not in your scope of responsibilities. I enjoy helping you prioritize that list of responsibilities and delegate, find systems.

### QUALIFICATIONS

#### EDUCATION

- ▶ Bachelors of Health Technology
- ▶ Masters of Education
- ▶ Harvard University, CEEL

#### CERTIFICATIONS

- ▶ ICF Certified Coach since 2005
- ▶ Certified Whole Brain Practitioner, Herrmann International
- ▶ Forbes Coaches Council

#### HIGHLIGHTS

- ▶ 35 years of consulting
- ▶ 18 years coaching experience
- ▶ Fellow Member of the Institute of Coaching, McLean Affiliate of Harvard Medical School
- ▶ 3000+ hours of coaching experience
- ▶ Balance, Relatability, Effectiveness

“ Working with Kate has been the best move for my career. I was able to identify when I was taking on other peoples tasks, foregoing my responsibilities in my personal life and neglecting myself. Sessions with her always make me think; even when I didn't want to. I was able to put concrete plans into action. The additional accountability tools allowed for my success. ”

- GAIRY | REGIONAL MEDICAL SERVICE