



Heather Coros Bios

LONG VERSION (241 WORDS)

Heather Coros

Heather Coros, M.A., is a certified transformational life coach, career coach, speaker and writer. Over the last 15 years, she has positively impacted and inspired many people to feel comfortable being their authentic-selves. Her clients harness their potential to make a powerful impact in the world - both personal and professional.

In 2017, Heather Coros created The Essential Core Program for individuals and corporations based on her inquiry, research, and experience. Her methodology utilizes curiosity as a catalyst to achieve lasting success. Armed with specific techniques and strategies, Heather sparks lasting shifts at the essential core level to enhance curiosity, authenticity and love.

Heather Coros has a Master of Transpersonal Psychology, where she gained experience in: conflict resolution, stress reduction and creative expression, to name a few skills.

Heather Coros has presented at USF Law School, California Institute of Integral Studies, and has been a featured MentorBox expert. In 2016, she was a People Love Us on Yelp award recipient. She founded her private coaching company - Live Laugh Love Life Coaching - in 2015.

When not coaching or writing, Heather enjoys hiking the woods with her two huskies, exploring new cuisine, and feeling the ocean's salty mist on her face

Heather lives with her partner on the Pacific coast of California. Her coaching practice is located in the heart of San Francisco's Castro District.

Further information on Heather Coros, her signature coaching programs and writing can be found at www.heathercoros.com.

SHORT VERSION 1 (141 WORDS)

Heather Coros, M.A., is a certified transformational life coach, career coach, speaker and writer. Over the last 15 years, she has positively impacted and inspired many people to feel comfortable being their authentic-selves. Her clients harness their potential to make and create their own powerful impact in the world - personal and professional.

Her signature 'Essential Core Program' draws on her inquiry, research, and experience. The Essential Core utilizes curiosity as a catalyst to achieve lasting success. Armed with specific techniques and strategies, Heather sparks lasting shifts at an essential core level to enhance curiosity, authenticity and love.

Heather holds a Master's in Transpersonal Psychology, and has been a USF Law School Guest Lecturer, CIIS Guest Presenter, and a featured expert for MentorBox. Heather was also a 2016 People Love Us on Yelp award recipient. For more information, please visit www.heathercoros.com.

SHORT VERSION 2 (97 WORDS)

Heather Coros, M.A., is a certified transformational life coach, career coach, speaker and writer. She specializes in inspiring people to be their authentic-selves and to create their own powerful impact in the world. Her signature 'Essential Core Program' draws on inquiry, research, and experience, and sparks lasting shifts to enhance personal and professional performance for individuals and companies. Heather Coros holds a Master's in Transpersonal Psychology, writes her own blog and is a sought-after speaker and executive workshops facilitator. Her coaching practice is in the heart of San Francisco. Find out more on her website at www.heathercoros.com.

SHORT VERSION 3 (59 WORDS)

Heather Coros, M.A., is a certified transformational life coach, career coach, speaker and writer. She specializes in inspiring people to be their authentic-selves and to create their own powerful impact in the world both personally and professionally. Her signature 'Essential Core Program' sparks lasting shifts to enhance personal and professional performance. Find out more on her website at www.heathercoros.com.