

## Melissa Meyers, Certified Professional Coach

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Melissa Meyers, Professional Coaching is founded on the principle that there is limitless, unrealized potential inside everyone. With more than 25 years leadership experience in the Financial Services industry, Melissa promoted competitive advantage for the organizations she worked with through innovative talent management, leadership coaching, and business strategies. From the beginning of her career, she developed a passion for helping people make their vision a reality leading her to focus her life experience and skills on Professional Coaching in 2020. She holds several professional designations from organizations such as the International Coaching Federation, Institute for Professional Excellence in Coaching and Worldwide Association of Business Coaches.

If you were to ask someone who has collaborated with Melissa what she is like, you should expect to hear words like caring, supportive, and high expectations. That is the energy she brings to coaching; compassionate and attentive with expectations of individual accountability in clients to unlock their true potential.

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### SKILLS

#### Coaching

- Help clients build resilience and cultivate a positive mindset by bringing energy that works for them, not against them.
- Focus on self-awareness through reflection, journaling, and mindfulness exercises to empower clients to consciously choose their thoughts and responses especially in stressful situations.
- Use an inside-out approach for coaching that ensures sustainable change and momentum as clients establish their vision and goals, identify potential blocks, develop personalized action plans, overcome barriers, and hold themselves accountable for achieving greater outcomes.
- Leverage systems to track client progress, embrace learning, and celebrate incremental improvement to motivate and inspire.
- Design and facilitate coaching programs firmly rooted in science combined with a learning process to identify strengths, opportunities, and potential blind spots to help clients get more satisfaction and fulfillment in life.
- Use innovative resources to stay updated on industry best practices, ensuring the ability to meet the evolving needs of clients.

#### Communications

- Leverage strong communication and interpersonal skills developed after working more than 20 years remotely to connect with clients on a personal level, build rapport, and establish trust.
  - Listen closely to clients, making sure they feel heard and understood, and accurately reflect their thoughts and feelings to confirm understanding.
  - Empathize with clients, offering a non-judgmental and supportive space that encourages open communication and emotional growth.
  - Guide clients through the problem-solving process, helping them identify obstacles, brainstorm solutions, and implement strategies to overcome challenges.
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### EXPERIENCE

Melissa Meyers, Professional Coaching, LLC – <b>Founder/Owner</b>	2023 - Present
Prudential – <b>Director, Change Management</b> , U. S. Businesses	2020 - 2023
Prudential – <b>VP Product Owner, Talent Management</b> , U. S. Business Contact Centers	2017 - 2019
Prudential – <b>VP, Quality and Business Measures</b> , U. S. Business Customer Service Centers	2014 – 2019

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### EDUCATION

Old Dominion University – **Bachelor of Science Business Administration, Finance**

### PROFESSIONAL DESIGNATIONS

International Change Federation (ICF) – **Associate Certified Coach (ACC)**

Institute for Professional Excellence in Coaching (iPEC) – **Certified Professional Coach (CPC), Energy Leadership Index™ Master Practitioner (ELI-MP), COR.E Dynamics | Leadership Dynamics™ Specialist (CLDS)**

Worldwide Association of Business Coaches (WABC) – **Registered Corporate Coach™ (RCC)**

Association of Change Management Professionals (ACMP) – **Certified Change Management Professional (CCMP™)**