

RELOVEUTION®

# OUR RELOVEUTIONARY COACHES

*Committed to boldly and collaboratively  
advancing leaders, challenging the status quo,  
and being champions for humans, justice, and  
love in workplaces and beyond.*

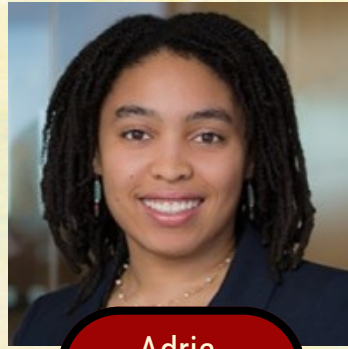




# - ALL COACHES -



Marissa  
Badgley



Adria  
Guliizia



Ali  
Dunn



Amena  
Chaudhry



Anna  
Treesara



Ashley  
Reed



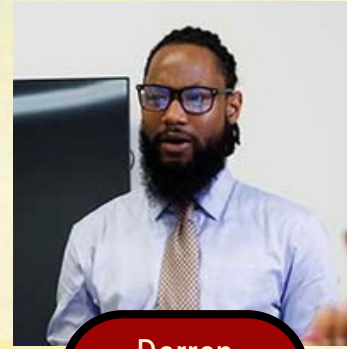
Camila  
Marquez



Carrie  
Gormley



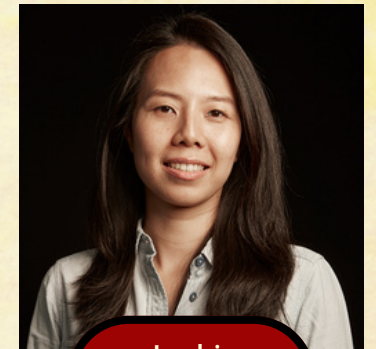
Catherine  
Liang



Darren  
Rainey, Sr.



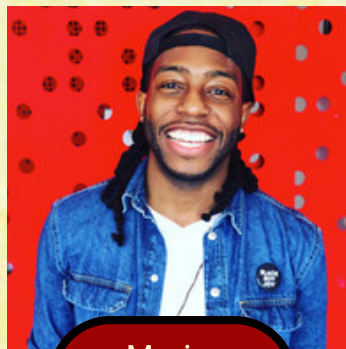
Domonique  
Worship



Jackie  
Shao



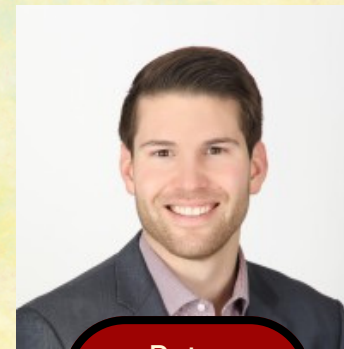
Lee  
Crockett



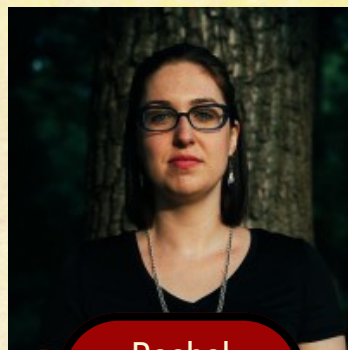
Mario  
Jovan Shaw



Nikki  
Innocent



Peter  
Callahan



Rachel  
Porter



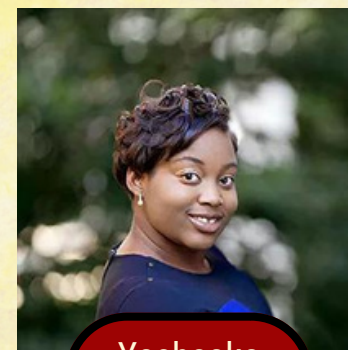
Tarin  
Calmeyer



Tawni  
Janvrin



Valerie  
Friedlander



Yasheeka  
Owens

Click on the coach's name to learn more, or just keep scrolling!!



# Marissa Badgley

*Connecticut (EST)*  
[www.truereloveution.com](http://www.truereloveution.com)

## **Who I Usually Work With:**

Mid to senior level professionals looking to level up and deepen their management skills; Individuals transitioning into management or leadership roles

## **Areas of Expertise:**

Management, leadership, burnout, professional wellness, belonging, emotional intelligence, work culture, employee engagement, work-life integration

## **My Coaching Philosophy:**

I do whatever it takes to help humans build authentic, sustainable, and soul-affirming professional identities that work for THEM and their unique life.

## **Special Certifications or Credentials:**

MSW, Organizational & Leadership Development

## **Hobbies and Special Interests:**

Experimenting in the kitchen, long walks in the woods, snuggling my pup, getting lost in a novel



# Adria Gulizia

*New Jersey (EST)*

[www.honestlyesquire.com](http://www.honestlyesquire.com)

## **Who I Usually Work With:**

Managers and leaders who seek to live with soul and purpose as they establish themselves in their field or navigate professional or life transitions

## **Areas of Expertise:**

Conflict mediation, peace & social justice, nonprofit management, professional wellness, gender and race

## **My Coaching Philosophy:**

As a narrative coach, I work with clients to recognize and lift up the personal, family and social stories that structure their human experience. Through thoughtful questioning, somatic exploration and serious play, I invite my clients to identify what aspects of their story no longer serve and step into something new.

## **Special Certifications or Credentials:**

Lawyer, Narrative Coach Enhanced Practitioner, Mom

## **Hobbies and Special Interests:**

Whole-food baking, playing with dogs , swing dancing, bringing friends together around the table





# Ali Dunn

*California (PST)*  
[www.alidunn.com](http://www.alidunn.com)

## **Who I Usually Work With:**

My ideal client is a high performing leader seeking a sounding board and support through personal and professional transformations. Often they are seeking a promotion or have recently been promoted and looking to up level their leadership, manage their team, make clear decisions and feel confident and empowered at work.

## **Areas of Expertise:**

Leadership, communication, confidence and impact, limiting beliefs, burnout, imposter syndrome, seeing the big picture

## **My Coaching Philosophy:**

My coaching philosophy is one part "being" and one part "doing". Action and strategy are important but must pair with deeper work for sustainable change. As a coach, I am open and honest and will hold you accountable by challenging you with a firm (yet gentle) nudge.

## **Special Certifications or Credentials:**

Certified Executive Coach, Berkeley Executive Coaching Institute; Dare to Lead Trained, ICF Certified, Co-Active (CPCC) Coach, Certified Enneagram Practitioner. IEQ9

## **Hobbies and Special Interests:**

I love travel, foreign cuisine, tennis and all things related to psychology and well being.





# Amena Chaudhry

*Minnesota (CST)*

[www.zarafaconsulting.com/](http://www.zarafaconsulting.com/)

## **Who I Usually Work With:**

Leaders who are hungry for systemic change and are ready to grow and transform into effective inclusive leaders, in real time; Mid-level BIPOCs looking to develop skills to develop their careers while figuring out how to navigate workplace racism with the least amount of emotional labor.

## **Areas of Expertise:**

Antiracism, racial literacy, decolonizing assumptions, beliefs, and behaviors, navigating power and conflict, identifying roots and causes of inequity, allyship & accompaniment, interrupting racism & inequity at work

## **My Coaching Philosophy:**

I'm a firm believer that people have the capacity to transform and that ALL people have a desire to be in good relationship. I lean on those two beliefs in my coaching and offer frameworks and perspectives to help clients develop an equity and belonging centered lens. My superpower is to help people see solutions at the systems level and convert knowledge into praxis.

## **Special Certifications or Credentials:**

SHRM-SCP certified; USF Diversity in the Workplace certification

## **Hobbies and Special Interests:**

I LOVE napping and generally being paralyzed under purring cats. I bike, garden, read, knit.....and love backpacking.





# Anna Treesara

*Illinois (CST)*

[www.tutoringtree.org](http://www.tutoringtree.org)

## **Who I Usually Work With:**

New and emerging managers looking to claim space and balance doing the work with supporting others; Former or transitioning educators and teachers

## **Areas of Expertise:**

Management, identity and belonging, organization and delegation, authentic leadership, communication, imposter syndrome, professional confidence

## **My Coaching Philosophy:**

I have a strengths-based approach ultimately rooted in growth mindset that helps clients discover how their skills and passions can best align with their next professional chapter.

## **Special Certifications or Credentials:**

M.S.Ed., Cultivating Creative Collaboration certification

## **Hobbies and Special Interests:**

Hanging out with my husband and sassy Shiba Inu, trying new restaurants all over Chicago, and reading (so much so that I manage my own book club called Brunchin' Bookworms)!





# Ashley Reed

*New York (EST)*  
[www.ashleyreed.com](http://www.ashleyreed.com)

## **Who I Usually Work With:**

People looking to navigate the intersection between high-performance and awareness/inner work; High-performers in their field

## **Areas of Expertise:**

Identifying strengths and challenges (and using that awareness to grow and create impactful change), letting go of limiting beliefs, understanding and navigating the ego, Leading with confidence, Decision-making clarity, leaning into fears, living life more consciously, releasing imposter syndrome

## **My Coaching Philosophy:**

I focus on the source vs. the symptom. I help my clients get to and solve for the deeper whys driving the behaviors and patterns they don't want so they can create the lasting change they do.

## **Special Certifications or Credentials:**

ACTP, PCP, PCC, and ACC.

## **Hobbies and Special Interests:**

I love travel and learning languages, am a huge sports fan, and love the simple things in life like quality time with friends and family.





# Camila Márquez

*New Mexico (MST) & Illinois (CST)*  
[www.kneadingchange.org](http://www.kneadingchange.org)

## **Who I Usually Work With:**

Changemakers seeking support with identity & belonging, race and gender-based resilience & trauma, ancestral connection & intergenerational trauma healing, and reclaiming wholeness at work.

## **Areas of Expertise:**

Narrative justice and change, antiracism, identity and belonging, race and gender-based resilience, trauma-informed leadership, intergenerational healing, ancestral connection, authentic leadership

## **My Coaching Philosophy:**

I trust that you know yourself best. As a coach, I support you in tuning into your innate wisdom and resources to meet whatever is showing up for you. I do this through somatic work, reflection, small exercises, and seeking your consent on the direction you'd like to take in our coaching sessions.

## **Special Certifications or Credentials:**

Fluent Spanish

## **Hobbies and Special Interests:**

I love exploring new places so travel is my jam! I'm also an avid reader and love spending time in nature.





# Carrie Gormley

*California (CST)*

[www.carriegormley.com](http://www.carriegormley.com)

## **Who I Usually Work With:**

My ideal client is a female leader/executive looking for support as she leans into her authentic leadership style. Someone ready to shift the status quo and lead from a place of empathy, humanity and innovation.

## **Areas of Expertise:**

Professional confidence, authentic leadership, work-life balance, organization & delegation, resilience, emotional intelligence, managing up/down, navigating toxic work cultures

## **My Coaching Philosophy:**

I believe today's challenges can only be met by leaders who are conscious, authentic, compassionate, and inclusive. I employ a holistic coaching style that focuses on the client as a whole person and I partner with them to create an inspired vision of the future and identify the obstacles that may be blocking that path forward. By creating a safe space and providing an unbiased, supportive, and skillful ear, I allow my clients the freedom to be themselves - empowering them to create the change they desire.

## **Special Certifications or Credentials:**

ICF Certified Coach, Hudson Institute Certified Coach

## **Hobbies and Special Interests:**

Puzzles, true crime podcasts, playing board games with my kids, being with friends and laughing





# Catherine Liang

*Massachusetts (EST)*

<https://www.carpeluxcoaching.com/>

## **Who I Usually Work With:**

People of Color, especially Asian Americans. Leaders who aim to be more inclusive.

## **Areas of Expertise:**

Diversity, Equity, Inclusion, Anti-racism, Social inequity, Workplace trauma, work culture, burnout, professional wellness

## **My Coaching Philosophy:**

I am empathic, compassionate, and kind, listen deeply and actively to your needs and emotions, and ask thought-provoking questions that encourage self-reflection, self-awareness, discovery, and empowerment. I offer a cross-cultural perspective, and aim to be a partner in creating solutions that align with your perspective and values, and are based from the choices that are available to you.

## **Special Certifications or Credentials:**

ACC

## **Hobbies and Special Interests:**

Learning new creative skills, Fashion sewing, Triathlon





# Darren Rainey, Sr.

*Maryland (EST)*

[Blackgeniusconsulting.com](http://Blackgeniusconsulting.com)

## **Who I Usually Work With:**

My ideal clients are men of color who hold positions of leadership and seek to build on the leadership traits that they have.

## **Areas of Expertise:**

Leadership, mindfulness, core values, building/rebuilding relationships, managing teams, goal setting, habits and routines, mission and vision setting, self-care, burnout

## **My Coaching Philosophy:**

Art Williams has a quote that I believe sums up my coaching philosophy. The quote goes, "I am not telling you it is going to be easy, I am telling you it is going to be worth it." Pushing yourself to grow is never an easy process and is often uncomfortable. I believe that we as leaders all need someone to help through those moments of discomfort, help us identify our blindspots, and ask the tough questions that we sometimes don't even realize that we need to grapple with. My role as a coach is to support you on your journey of growth and attend to that journey, but it requires you to do the heavy lifting.

## **Hobbies and Special Interests:**

Reading, Music, Gun Range, Fishing, Camping/Hiking





# Domonique Worship

*New York (EST)*

[www.domoniqueworship.com](http://www.domoniqueworship.com)

## **Who I Usually Work With:**

High achieving mid-career or executive woman, especially women of color, looking to uplevel leadership, find increased balance and fulfillment in their life and career, or navigate a career transition.

## **Areas of Expertise:**

Career advancement, diversity, equity and inclusion, vision planning, wellness and work/life balance, stress management, career transitions, managing teams, executive presence, mindset, confidence, leadership

## **My Coaching Philosophy:**

I support my clients in embodying and actualizing their full potential, including by creating actionable plans for achieving more impact, fulfillment and joy in their lives and careers. I utilize a holistic approach that transforms clients' mental and emotional well-being, empowering them to make sustainable changes both within and outside of the workplace.

## **Special Certifications or Credentials:**

ICF certification (ACC), CPCC. Fluent in Spanish and proficient in Portuguese.

## **Hobbies and Special Interests:**

I love to travel and study languages. I'm passionate about fitness and an avid Peloton user (cycling, running and strength training).





# Jackie Shao

*New York (EST)*

<https://jackieshao.com/coaching>

## **Who I Usually Work With:**

Creative and impact-driven professionals and innovators; Asian Americans; Smart, Passionate Women

## **Areas of Expertise:**

Inner Child Healing; Asian American experience; Burnout; Health & wellness; Confidence & mindset; Management; Imposter Syndrome

## **My Coaching Philosophy:**

My mission is to help people fully express themselves in being the brilliant people they are in all aspects of their lives, especially at work and in management roles.

## **Special Certifications or Credentials:**

ICF certification (ACC)

## **Hobbies and Special Interests:**

When I'm not coaching, you can find me at my ceramics studio or gallery-hopping. Also quite obsessed with travel, food, stationery, plant life, and everything design-related.



# Lee Crockett

*Connecticut (EST)*  
[www.leecrockett.com](http://www.leecrockett.com)

## **Who I Usually Work With:**

I work with high-achieving professionals (mostly women but coach anyone where there is a good connection). My ideal client is looking to advance their leadership skills and/or climb the corporate ladder.

## **Areas of Expertise:**

Fast-tracking promotions and careers; Imposter syndrome; Leadership development; Networking; Negotiation; Productivity/efficiency.

## **My Coaching Philosophy:**

I don't believe in band-aids. I dig deep to discover the real root of the problem and help the client understand the roadblock in order to create an effective strategy to move forward. Clients should know that personal life and work life are intimately intertwined and one deeply affects the other. If we aren't able to be transparent and really talk about what's happening, I can't help.

## **Hobbies and Special Interests:**

Travel & Reading





# Mario Jovan Shaw

*North Carolina (EST)*

<https://www.mariojovan.com/>

## **Who I Usually Work With:**

Men of color, leaders and managers, LGBTQ+

## **Areas of Expertise:**

Diversity, Equity, Inclusion; Storytelling; Mindfulness; Leadership; Coaching

## **My Coaching Philosophy:**

I believe that we all have the power to transform our lives. What you need is already inside you. My role is to simply bring it out.

## **Special Certifications or Credentials:**

Mental Health First Aid, ICF Certification

## **Hobbies and Special Interests:**

I am a plant dad! I love to travel and try new restaurants. I also love playing The Sims!



# Nikki Innocent

*New York (EST)*

[www.nikkiinnocent.com](http://www.nikkiinnocent.com)

## **Who I Usually Work With:**

People eager to do the work with a guide/accountability partner; Ambitious Women

## **Areas of Expertise:**

Activating your unique skills, strengths, traits and experiences to lead authentically;  
Feminine Leadership; Diversity, Equity, Inclusion; Managing people and teams;

## **My Coaching Philosophy:**

You are created with inherent value and power, over the years, the world around you and the teachings we go through strip us of our relationship to that intuitive strength and an awareness of our authentic power.

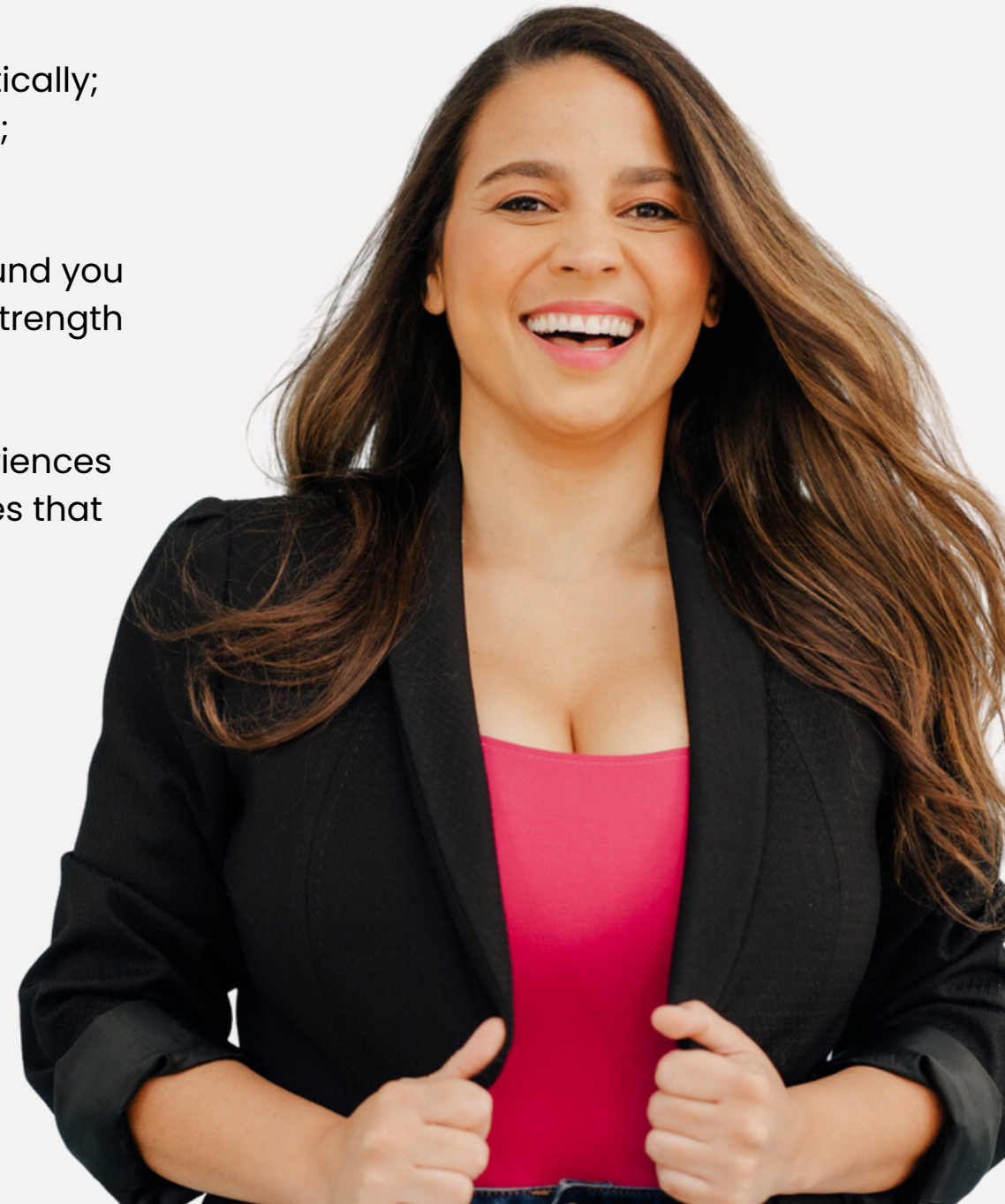
My work is focused on activating your unique skills, strengths, traits and experiences to lead authentically as the unique leader you are to overcome the challenges that feel insurmountable,

## **Special Certifications or Credentials:**

Certified Advanced Women's Leadership Coach, Aligned Leadership Coach (gender neutral), Diversity, Equity, Inclusion facilitator & strategist

## **Hobbies and Special Interests:**

I'm an avid sports fan, a former collegiate soccer player, podcast host and TEDx speaker with an insatiable desire for adventurous food experiences who is always up for a chance to witness the transformative and connective power of storytelling.





# Peter Callahan

*Connecticut (EST)*  
<https://www.fp-ct.org/>

## **Who I Usually Work With:**

Growth-minded professionals currently in leadership or looking to become a leader/manager. Humans who feel their potential but don't know quite how to achieve it.

## **Areas of Expertise:**

Leadership; relationships; confidence; difficult conversations

## **My Coaching Philosophy:**

You are perfect the way you are, and there is room for improvement. I love to start by clarifying your values and what you want, and then discerning where to focus based on where you feel inspired to experiment.

## **Special Certifications or Credentials:**

ICF Certified

## **Hobbies and Special Interests:**

I love to hike, ski, and travel, and currently live in Naugatuck, CT with my wife, daughter, and mother-in-law.



# Rachel Porter

*Illinois (CST)*

[www.kneadingchange.org](http://www.kneadingchange.org)

## **Who I Usually Work With:**

I work with people seeking to live a values-aligned life. I specialize in intersectional and mixed race identity, living with privilege and marginalization, values-aligned career building, grief processing, caregiving, chronic stress and invisible disabilities.

## **Areas of Expertise:**

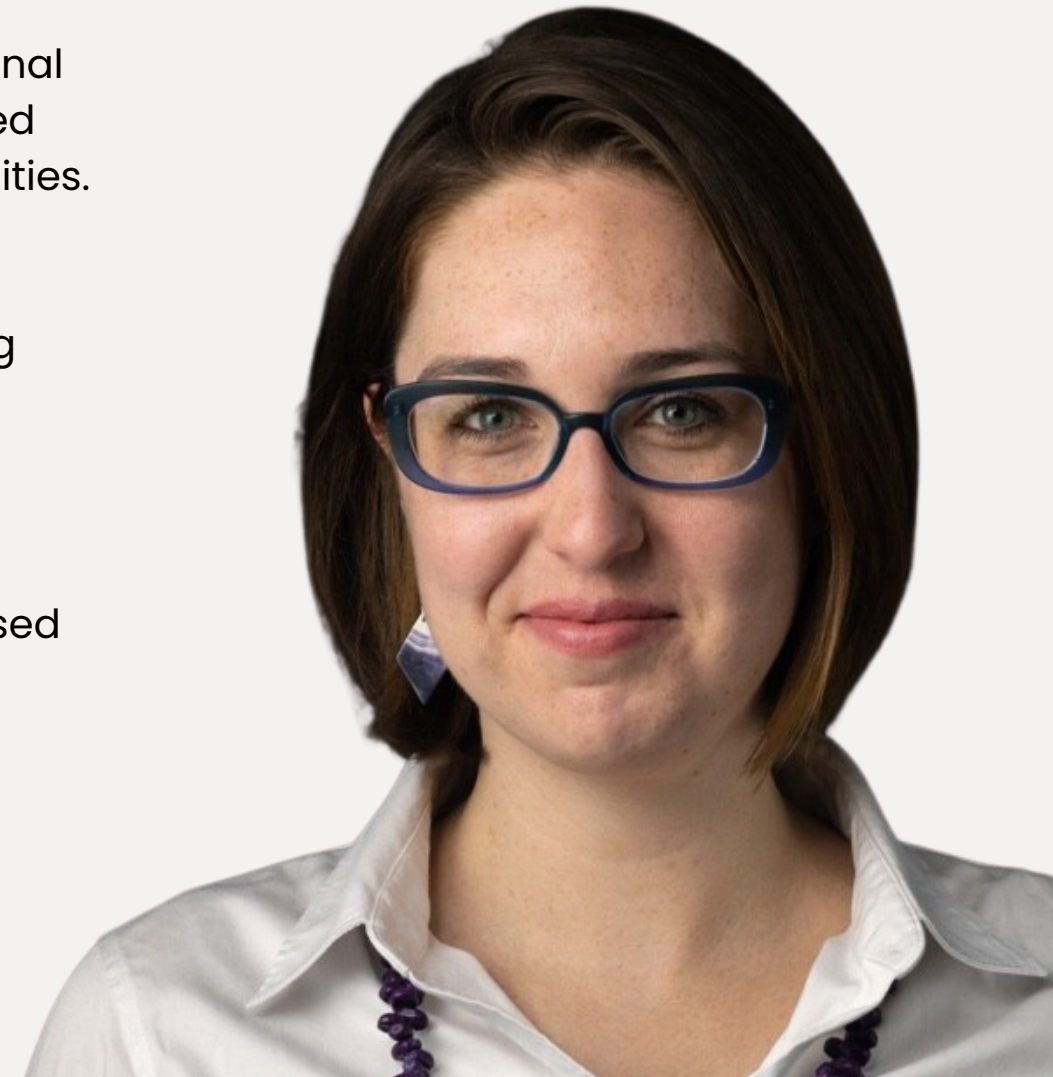
Narrative change; Indigenous rights; Mindfulness; Health & Wellness, Navigating Grief; Caregiving; Chronic stress; Building a career that cultivates wholeness; Intersectional identities; Burnout and compassion fatigue

## **My Coaching Philosophy:**

You are beautifully whole in your multitudes. My coaching style is narrative-based and weaves storytelling, ancestral truth-telling, social justice and personal wellness into a signature practice called Reclaiming Wholeness.

## **Hobbies and Special Interests:**

I love writing and trying new restaurants. I'm thinking of starting a food blog!





# Tarin Calmeyer

*Mexico (CST)*

[remoteteamwellness.com](http://remoteteamwellness.com)

## **Who I Usually Work With:**

Professional executives, founders, and entrepreneurs who don't think they have time in their days and dreams of optimizing their schedule for more effective productivity and wellbeing.

## **Areas of Expertise:**

Time management & reclaiming time; Stress reduction; Mindfulness; Physical movement/awareness and mindset

## **My Coaching Philosophy:**

In my coaching, I encourage students to embrace a beginner's mind with curiosity as we move through the journey of transformation. I love working with those who are looking to unlearn old habits and patterns and cultivate healthier neural pathways and my approach is a holistic one. I consider each client I work with as a whole, multi-dimensional human being who has innate wisdom and potential to be developed and expressed.

## **Special Certifications or Credentials:**

I am a trained Osteopath, so I can also give biomechanics/ergonomic assessments for setting up an optimal work station.

## **Hobbies and Special Interests:**

My regular practices are yoga, dance (at the moment mostly salsa and bachata), walking and hiking, meditation and travel.



# Tawni Janvrin

*California (PST)*

[pomegranateconsulting.net](http://pomegranateconsulting.net)

## **Who I Usually Work With:**

C-suite, Directors, and Early Executives. Leaders who have recently transitioned into a new or larger role or those seeking career transition

## **Areas of Expertise:**

Imposter Syndrome; Empathetic Leadership; Career Purpose; Achieving Goals; Growth Mindsets and/or Attitude; Well Being / Finding Balance; Navigating Matrixed organizations.

## **My Coaching Philosophy:**

My coaching philosophy is to first build up or re-build the Leader, then to help them achieve their passion with a purpose.

## **Special Certifications or Credentials:**

ICF Certified in Executive Coaching and Life Coaching. DISC Certified. Gallup Certified.

## **Hobbies and Special Interests:**

Mountain Life: mountain biking, hiking, paddle boarding, skiing, and yoga.





# Valerie Friedlander

*Illinois (CST)*

<http://valeriefriedlander.com/>

## **Who I Usually Work With:**

High-achieving women, multi-passionate folk, career-oriented Moms, and entrepreneurs.

## **Areas of Expertise:**

Work Life Integration; Leadership; Mediation; Resilience; Mindset & Confidence; Time/energy management

## **My Coaching Philosophy:**

We work together to develop and align care for yourself and where you are now, clarity around what you want to create in life and in the world, and confidence in your ability to navigate a path forward that is rooted in your values and gifts.

## **Special Certifications or Credentials:**

ICF Certified. Mom.

## **Hobbies and Special Interests:**

I'm a huge nerd - from neuroscience to science fiction, you are bound to catch me exploring individual and societal patterns through movie references and making themed costumes for my family.



# Yasheaka Owens

*Pennsylvania (EST)*

<https://marketing.yoassoc.com/>

## **Who I Usually Work With:**

BIPOC Job Seekers; Early to mid-career managers; Emerging marketing leaders

## **Areas of Expertise:**

Career transitions and advancement; Marketing; Mentorship; Personal branding; Interviewing; Negotiation; Diversity & Inclusion

## **My Coaching Philosophy:**

Everyone who works with me says that the best part of the process is how straightforward I am in terms of my mentoring style. I offer candid exchanges that allow us to get to the route of the problem and identify strategies for your success. My core values are knowledge-sharing, connecting, and authenticity. Let's get to it!

## **Hobbies and Special Interests:**

I enjoy RPG Video Games like Final Fantasy and Relaxing Trips/Getaways even though I never seem to put my phone down.









# **WE ARE SO EXCITED TO WORK WITH YOU!**

*If you have any questions about our coaches or our coaching packages,  
please reach out to [info@truereloveution.com](mailto:info@truereloveution.com).*

*We'd be honored to be a part of your professional journey!*

**RELOVEUTION®**