

# Maya Thompson

*Certified Life Coach | Career Transition Specialist*

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- ICF Associate Certified Coach specializing in strengths-based coaching for mid-career professionals navigating transitions and seeking work-life integration
- Combine evidence-based techniques with intuitive guidance to help clients achieve measurable improvements in career satisfaction and life balance
- Guided 45+ clients through career transitions, resulting in 87% achieving their stated goals within 6 months
- Former HR Director with 8 years of experience mentoring employees, bringing deep understanding of organizational dynamics and leadership challenges

## WORK EXPERIENCE

### Transform Life Coaching Practice

January 2022 - Present

Certified Life Coach

- Guide 45+ clients through career transitions, resulting in 87% achieving their stated goals within 6 months
- Develop personalized action plans using CBT and solution-focused techniques for professionals facing burnout and career stagnation
- Facilitate weekly group coaching sessions for working mothers, helping 20+ women create sustainable work-life integration strategies
- Conduct virtual coaching sessions using evidence-based methodologies including GROW model and motivational interviewing
- Maintain 95% client retention rate through first 6 months of engagement

### Midwest Manufacturing Solutions

March 2018 - December 2021

Human Resources Director

- Mentored 150+ employees through career development conversations, with 78% receiving promotions within 18 months
- Designed and facilitated leadership development program that improved employee engagement scores by 40%
- Coached senior managers through conflict resolution, resulting in 60% reduction in HR grievances
- Led organizational change initiatives, guiding teams through restructuring while maintaining productivity levels
- Developed employee wellness program addressing stress management and work-life balance for 300+ staff members

### TechForward Solutions

June 2015 - February 2018

Senior HR Business Partner

- Provided one-on-one career coaching to high-potential employees, with 85% advancing to leadership roles
- Facilitated cross-functional team building sessions, improving collaboration metrics by 35%
- Guided managers through difficult conversations and performance improvement processes
- Implemented mentoring program connecting senior leaders with emerging talent, serving 50+ participants

### Creative Marketing Agency

August 2014 - May 2015

HR Generalist

- Conducted employee development conversations, identifying growth opportunities and creating action plans
- Mediated workplace conflicts using active listening and solution-focused approaches
- Supported employees through personal and professional challenges, maintaining confidentiality and trust

## CORE COACHING COMPETENCIES

- Active Listening & Powerful Questioning
- Goal Setting & Action Planning (SMART methodology)
- Emotional Intelligence & Empathy Mapping
- Conflict Resolution & Behavioral Change Techniques

- Solution-Focused Brief Therapy (SFBT)
- Motivational Interviewing
- GROW Model & Appreciative Inquiry
- Virtual Coaching Platforms (Zoom, CoachAccountable)
- Group Facilitation & Workshop Design
- Career Assessment Tools (StrengthsFinder, MBTI)

## EDUCATION

### International Coach Federation

2022

ICF Associate Certified Coach (ACC)

- 125+ coaching hours completed with mentor coach supervision
- Specialized training in executive and career transition coaching
- Continuing education: 40+ ICF CCE credits annually

### Coach Training Institute

2021

Certified Professional Coach

- 60-hour comprehensive coaching certification program
- Focus on Co-Active Coaching methodology
- Practicum with 15+ practice clients

### Northwestern University

2014

Master of Science in Human Resources Management

- Magna Cum Laude
- Concentration: Organizational Development and Employee Engagement
- Thesis: "The Impact of Mentoring on Career Satisfaction in Mid-Career Professionals"

### University of Illinois at Chicago

2012

Bachelor of Arts in Psychology

- Summa Cum Laude
- Focus: Behavioral Psychology and Human Development
- Minor: Business Administration

## HONORS

### Outstanding New Coach Award

2023

ICF Chicago Chapter

- Recognized for innovative approach to career transition coaching
- Selected from 50+ nominees

### Employee Development Champion

2021

Midwest Manufacturing Solutions

- Awarded for mentoring program that improved retention by 40%
- Recognized for exceptional leadership during organizational change

### Rising HR Professional

2019

Chicago HR Association

- Honored for innovative employee engagement initiatives

## PUBLICATIONS

## Breaking Through the Mid-Career Plateau: A 5-Step Framework

March 2023

LinkedIn Articles

- 15,000+ views, featured in LinkedIn Career Development Newsletter

## Contributing Author - Voices of Transformation: 20 Coaches Share Their Methods

January 2023

Coaching Dynamics Press

- Chapter: "The Bridge Method: Helping Professionals Navigate Identity Shifts During Career Transitions"

## From Burnout to Breakthrough: Supporting Working Parents

September 2022

Chicago Business Journal

- Featured article on work-life integration strategies

### CLIENT SUCCESS HIGHLIGHTS

#### Client Success Highlights

- Guided marketing executive from burnout to launching successful consulting practice within 8 months
- Supported 12 working mothers in creating sustainable career advancement strategies, with 10 receiving promotions
- Facilitated career pivot for finance professional to nonprofit leadership role, achieving 40% salary increase
- Maintained 95% client satisfaction rating based on post-engagement surveys

### PROFESSIONAL DEVELOPMENT

#### Advanced Coaching Skills Workshop

2023

Center for Executive Coaching

#### Trauma-Informed Coaching Certification

2023

International Association of Trauma Recovery Coaching

#### Emotional Intelligence in Coaching

2022

Institute for Social + Emotional Intelligence

#### Group Coaching Mastery

2022

Coach Training World

### REFERENCES

#### Dr. Jennifer Martinez, PCC

Senior Executive Coach, Leadership Excellence Institute

Relationship: ICF Mentor Coach during ACC certification (2021-2022)

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*"Jennifer supervised 40+ hours of my coaching sessions and can speak to my ethical standards and coaching competencies."*

#### Robert Chen

CEO, Innovation Marketing Solutions

Relationship: Executive Coaching Client (8-month engagement, 2022-2023)

Email: r.chen@innovationmarketing.com | Phone: (555) 345-6789

*"Robert can discuss the impact of our coaching engagement on his leadership effectiveness and work-life integration."*

## **Lisa Rodriguez**

VP of Human Resources, Midwest Manufacturing Solutions

Relationship: Former Supervisor (2018-2021)

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*"Lisa observed my natural coaching abilities with employees and can speak to my mentoring impact and professional development skills."*