



# MAUREEN SWEATMAN

JOYFUL LIVING COACHING

CHIEF JOY OFFICER & FOUNDER

As a Coach and Consultant, I have dedicated my life's work to supporting others in their development as they evolve through the different stages of their career and their lives. I am well-versed in leadership development, strengths assessment, emotional agility and navigating personal and workplace transitions.

With over 20 years of experience as a certified leadership and personal development coach and consultant, I have coached thousands of professionals and students in my roles in higher education and in my private practice, Joyful Living Coaching. Through collaboration with My Leadership Foundry, I provide leadership development coaching and training to corporate and NGO clients.

I hold a Professional Certified Credential (PCC) by the International Coaching Federation and a Master of Divinity and Master of Business Administration from Emory University, as well as coaching certifications from FLOW Coaching Institute and Conscious Coaching Collective.

## VALUES & CALL TO ACTION

I define change as making shifts in thinking and behavior as well as exploring external opportunities that get us closer to the person we want to be. I believe the person we want to be evolves over a lifetime and that there are core beliefs and values that remain steadfast. As a coach, I support others in growing their choice muscles for making the changes they want to make that will get them closer to who they want to become.

The stories we tell ourselves about ourselves are what keep us stuck and in pain. That is where I come in. I help you cut through the noise of your own thoughts and feelings so you can move forward in the direction you need to go. How many times have you thought to yourself, I'm not good enough? How many times have you felt unworthy of the next chapter of your life you know should be yours? It's time to make a choice to move forward. I'll be your accountability partner and biggest cheerleader every step of the way.

With a coach by your side and a consultant on your team, you can accomplish your goals and live a life full of joy that is rightfully yours. Together, you will discover and engage your strengths so you can reach your full potential. You'll find clarity, develop an action plan, create balance and learn to choose joy every day. Book a consult today to get started on living and working with more fulfillment, purpose, and joy!

## SERVICES

- 1:1 Coaching
- Group Training
- Jumpstarts
- Special Events: Keynote Speaker, Book Club Leader, Difficult Conversation Facilitator, & Vision Board Party Host

## SPECIALITIES

- Addressing Limiting Beliefs
- Advocating Equity, Inclusion & Social Justice
- Articulating Purpose & Strengths
- Creating New Habits for a Lifestyle Change
- Developing Emotional Agility
- Developing Leadership Skills
- Embracing Being Perfectly Imperfect
- Facilitating Difficult Conversations
- Integrating Work & Life Priorities
- Improving Communication
- Navigating Workplace Change
- Setting a Vision & Achieving Goals
- Supporting Mindset Shifts

*After working with Maureen, I now talk about how I work and why my work excites me, instead of just listing a job title. Her guidance gave me the clarity and confidence to search for and achieve the next step in my career.*  
-Fiona, Financial Services



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