

## Coaching Recommendations (and Reasons)

On the next few pages, you will find the names of coaches (in alphabetical order) that I know and can recommend. Of course, you are encouraged to find the right person for YOU!

All coaches have their own styles, methods, frameworks, areas of expertise, and preferred client type. The only way to determine if you and your coach are a "match" is to learn what you can about that person via the internet (webpage, social media, email, etc.) and then set up a call. Be willing to invest in that first call rather than expecting it to be free. Although some coaches offer complimentary first calls, many do not. Coaching is a transformational enough relationship and experience to plan to make an investment including time, money, intention, and action. Don't shortchange yourself.

- [Kelly Beischel, PhD](#)

Kelly is a "firecracker." She specializes in working with nursing graduates preparing to pass their licensure exam (and does so in such an authentic and research-based way). She also works with academics who want more in their life – and want to be successful in their teaching, scholarship, and overall productivity. Two of her coaching certifications are in Positive Psychology and Life Coaching.

- [Kathryn Belle, PhD](#)

I have known Kathryn for 5 or 6 years and was impressed with her from the start. She models and teaches and coaches from who she IS! She is a professional coach who is also a philosophy professor and registered yoga teacher (RYT 500 with a specialization in yoga therapy). She has extensive experience coaching academics (e.g. professors, administrators) and other high achieving professionals (e.g. coaches, doctors, lawyers). Kathryn is an active listener, co-inquirer, gentle agitator, and accountability partner in your self-awareness and self-actualization journey. I've been able to observe her as part of groups before and her presence makes a difference in the group.

- [Dominique Chlup, PhD](#)

I met Dominique 10 years ago or so when doing a workshop at her university. She and I have stayed in touch over the past decade and I've been able to watch her achieve at high levels as a professor and make the shift to working full-time as a writing coach, with a special focus on "inspiring the creative within," which is her registered trademark. If you have writing and other creative endeavors that are seemingly dead or dying, find out whether Dominique would be the right coach for you.



- [Rose Ernst, PhD](#)

Rose and I have been connected for a number of years and over the last couple of years, she has shifted her focus to supporting academics with their writing. If you want someone who is smart, funny, direct, and skilled at helping people get their writing ready to go, read more about her on her website.

- [Joelle Jay, PhD](#)

Joelle was my first coach (starting in 2000) and we continue to be in a mastermind group together and I can't imagine not having her wise counsel. She is absolutely top notch in every way. Recently, when I asked for recommendations about coaches, someone wrote me and said, "I work with Joelle Jay, who is wonderful. I know you are familiar with her--she speaks about you all the time." 😊 Read more about her on her website. Also, here's an article she wrote about six signs that you need a coach: <http://www.inc.com/joelle-k-jay/6-signs-you-need-a-coach.html>

- [Moira Killoran, PhD](#)

I have known Moira for about 7 or 8 years and have sent many people her way during that time. I know her to be a highly skilled coach who is able to work with people in various stages of their careers whether they are looking for support in their writing, making a decision about moving to another level of administration, determining how to deal with difficult people, or figuring out ways to get that negative inner voice to pipe down! Her broad experience with many people over the last 13 or 14 years allows her to help her clients hone in on better ways of working and being in their career and life.

- [Erin McTigue, PhD](#)

I first met Erin McTigue about 10 years ago when I was on her campus for a workshop. Since then, we have worked together in several different ways. During that time, I have often heard about her from other faculty and from her graduate students and know here to be an excellent mentor, coach, collaborator, and sounding board. She works internationally and has a gentleness that meshes with her directness. Having left her tenured professor position, she is focusing on supporting other academics in their writing, research, and management of the academic life.

- [Erin Mecseji](#)

Erin has been a coach for about a dozen years and has been my go-to referral for at least the last 8 or 9 years because I started hearing such good things about her. So



many people I've referred to her have hired her and I get back excellent reports. She is skilled and smart and quirky. She says she's like a "dog with a bone" when her clients want something as far as her support of them. One person recently sent me an email (because I referred Erin to her as a coach): "Erin is great to work with, very good at keeping me focused on what it is I really need to accomplish, and addressing the kinds of resistance I may be fussing with." Sounds good!

- [Barbara Mencer](#)

Barbara came to Reno to speak about 8 years ago and I attended the event. I liked her style and the way she communicated. I signed up for one of her 30-minute strategy sessions and before the call was over, I knew I wanted her to be my coach because she offered so much in such a direct way. She's now been my coach for nearly 8 years and we've been through quite the dark and light periods with my business and personal life – and she continues to help me. I hired her with the idea of having about a 6-month relationship. And since I still get so much value, I have stayed with her.

Note: Although Barbara is listed as a business breakthrough coach, she does so much more, as far as I'm concerned. She's been coaching for about 15 years and has worked with many high-level folks on a variety of topics and issues.

- [Lisa Montanaro, JD](#)

Lisa is someone I knew "of" before we finally met. We have worked together on several projects over the last few years. I am a huge fan of her writing, coaching, workshops, consulting, and other ways that she makes a difference for people. Lisa weaves together her background as a mediator, lawyer, performer, teacher, and business owner into an energetic powerhouse. She is spot-on with her coaching and has many different ways (short-term and long-term) she works with clients.

- [Mary McKinney, PhD](#)

Although I don't know Mary McKinney personally, she has been recommended numerous times to me. Someone I know well and is now one of my coaching clients wrote this to me in recommendation for Mary: "For academic coaching, I highly recommend Mary McKinney - When I was on the tenure track and balancing parenting, productivity, postpartum/pre-term infant complications, and purpose issues, working with Mary helped me stay the course. I would not have earned tenure without my work with her---I would have left academia. She knows academic terrain well, which is helpful. She's also gifted at getting at the essential questions of life purpose and goals, while coaching around strategies and tactics to move in that direction. She's analytical,



which I love, coupled with a dry wit and great kindness. I am deeply grateful to her.”

- [Kirsten Olson, PhD](#)

Kirsten and I have been in a coaching program and certification program together. She impresses me and I've lately started to add her to my referrals. Her practice is likely quite full but it would be worth talking with her.

- [Chavella T. Pittman, PhD](#)

I “met” Chavella about 4 years ago and I like everything about her that I know. She works specifically with faculty about teaching topics (planning, evaluations, tenure, difficult classroom situations, etc.) Expect Chavella to challenge you and to give you specific, real-world help and support.

- [Sindhu Revuluri, PhD](#)

Thankfully, I first got to know Sindhu 5 or 6 years ago and we have stayed in touch for a number of reasons. Given her position, she has very limited availability for new coaching clients, but it would be worth learning more about her to find out if she is the right coach for you. She is kind, wise, and thoughtful, which means her coaching is also kind, wise, and thoughtful.

- [Susan Rueppel](#)

Susan also came to Reno to speak, 6 or 7 years ago or so. I purchased a package with her after hearing her and it was quite helpful so I bought another package and then another and another. She is a Business Intuitive and I find her insight and directness extremely helpful. And I'm fascinated by the process. I've also recommended academics to her and I have heard how well that is going from them, too.

- [Dannelle Stevens, PhD](#)

I knew of Dannelle by reputation for many years and got to meet her 3 times over the last couple of years. One comment someone sent me is, “Dannelle helped me to identify the reasons I was not writing, plus gave me practical strategies to improve my academic writing and confidence. I share her tips with my students who often tell me how impactful they have been to improve their own writing and supportive in developing a writing process.” Dannelle and I have both offered laser-coaching sessions at Textbook and Academic Authors Conferences and her dance card is ALWAYS full. People know they want to capture some of her help, insight, and wisdom.



- [Kathryn Temple, JD, PhD](#)

Kathryn and I have been connected for a number of years and I'm a fan of her and her work. I asked her to say something about herself that I could include here. "I've been coaching academic writers on and off for years. Much of my job as chair involved coaching faculty on their annual reviews, 3rd year reviews, tenure applications, and grant applications. And I've just finished working with Willamette U on a humanities grant application (helped the writer revise and submit). Over the years, I've coached writers through humanities (NEH, ACLS) and science grant applications (NSF and Board of Ed). And, of course, I'm what they call a "proven grant getter" myself, with a large Mellon grant (part of a \$2.2 m project), several NEH summer and year-long grants, and several ACLS grants to my name. I love coaching writers!" The best way to get in touch with her is via email at Georgetown: [templek@georgetown.edu](mailto:templek@georgetown.edu)

