

## Coaching Recommendations

I've compiled a list of people who are excellent and experienced coaches. Many are also speakers and facilitators. I would encourage you to peruse this list and click on the links to read more about each person in your quest to find the right coach for you at this time.

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. If you've never read my complementary publication, *What is Coaching?* access it here: <https://meggin.com/what-is-coaching/>.

- [Pearl Alexander, JD](#)
- [Carlene Bauwens](#)
- [Kelly Beischel, PhD](#)
- [Kathryn Belle, PhD](#)
- [Tracey Carruthers](#)
- [Dominique Chlup, PhD](#)
- [Rose Ernst, PhD](#)
- [Veronica Frenkel, MA, SPHR](#)
- [Kym Harris-Lee, EdD](#)
- [Norma Hollis](#)
- [Joy A.J. Howard, PhD](#)
- [Joelle Jay, PhD](#)



- [Erin McTigue, PhD](#)
- [Erin Mecseji](#)
- [Barbara Mencer](#)
- [Lisa Montanaro, JD](#)
- [Mary McKinney, PhD](#)
- [Kirsten Olson, PhD](#)
- [Cynthia Oredugba](#)
- [Chavella T. Pittman, PhD](#)
- [Sindhu Revuluri, PhD](#)
- [Cathie T. Siders, Ph.D.](#)
- [Bev \(Beverley\) Alridge Wright](#)

