



Barbara Gormally Consultant and Coach

“Would you like to own your self to be fulfilled in your lifestyle? Would you like to know how to live your authentic life? The investment in personal life coaching is priceless toward your optimal, holistic health.”

Barbara has spanned 25 years in the related fields of Training & Development, Human Resources, Organizational Development, and Personal Life Coaching. She is fortunate that her career has provided her with vast experiences at various levels in public and private sectors. Not only did she accumulate solid career skills and acumen, she has cultivated and nurtured durable personal presence.

She believes that human being values, beliefs, and assumptions are in relation to all facets of our lives. She is a catalyst for the internal strategies humans employ to exert energy. In the workplace, she coaches to bring forth optimum human energy needed for job deliverables and accomplishments. For a personal client, she partners with you to unfold your authentic being and becoming.

No matter the degrees of technology, inanimate tools, objects, stuff and things, authentic human beings are the steadfast science, art, and heart of our universe. When human beings receive coaching to explore and discover living their life on authentic purpose, the choices they make for their life's chapters are open to vast possibility. This gift of knowing and applying the authentic self is return-on-investment on a grand scale, that of the universe. The process of life coaching, for which she is called to do, offers incredibly effective processes to activate resourceful human energy. Life coaching is conducted by telephone or in person.

Her education includes:

Adler School of Life Coaching, Scottsdale, Arizona, MA Training / Learning Technologies, University of New Mexico, BS Vocational, Secondary Education, University of New Mexico. Extensive continuing education to support the above acumen