



*Kathleen Kelley*

*EdD, PT, NCS*

**STRESS MANAGEMENT  
COACH**

Kathleen Kelley has helped transform the lives of people around her for over 30 years. Her passion for neurology, brain health, wellness, and self-care led her to become a life coach. She uses both her experience as a seasoned physical therapy professor, yoga and meditation teacher, and her thorough understanding of neuroscience to guide individuals to shift their mindset and take control of their lives. Although she works with people of all career paths, her plan is to improve the mindset of her fellow therapists, so they can take a stand against the status quo of overworked and undervalued healthcare practitioners.

Helping people realize the power of the mind is Kathleen's favorite part of being a life coach. She believes working with the mind can be more challenging than working on the body. She gives individuals stress management tools they can draw on in moments of overwhelm and stress. She draws on her experience as a yoga and meditation teacher and life coach to develop individualized programs for stress management. She teaches clients to manage their minds to improve their quality of life. She genuinely enjoys a challenge and is determined to guide her clients to become better versions of their former selves.

When you choose to work with Kathleen, you will learn to:

- Say no when you mean no, stop saying yes when you mean no
- Make decisions firmly and swiftly without second-guessing yourself.
- Process feelings instead of stuffing them
- Manage your stress and anxiety using principles of neurophysiology
- Make the best choices for YOU and feel content with your decisions.

[kathleen@kathleenkelleycoaching.com](mailto:kathleen@kathleenkelleycoaching.com)

<https://www.kathleenkelleycoaching.com>