

Hello, my name is **Lynne Smith** and my passion is to help you achieve your goals.

As a physical education teacher and coach for over 10 years, I improved performance levels by heightening player self-awareness and encouraging sports teams to strive for excellence.

Then, as a District Sales Manager for over 5 years, I guided our sales team from 19th place out of 25 to the number 2 top-selling office in Canada. Our theme was "fun and results".

From there I became an executive recruiter for a National

Personnel Agency and took on responsibility as Branch Manager. In this role, I met many applicants who were in need of basic business skills in areas such as leadership, sales, customer service, communication and literacy skills.

As a natural evolution, I then became certified as a Business Coach. I worked with leaders at all levels, ranging from CEOs to managers, supervisors and entrepreneurs, to increase individual and organizational efficiency and effectiveness.

After 8 years as a business coach, I realized personal barriers were preventing individuals from reaching their full potential. I then became Certified Master Life Coach, and now work to empower people to find fulfillment in both their personal and professional lives.

Other affiliations:

Registered Professional Recruiter for 8 years

Facilitator and Board member for A.W.E.N.S. (Association of Workplace Educators for Nova Scotia)

Facilitator for The Age Advantage Essentials Program

Certified Business and Certified Master Life Coach

Certified Level 1 TRE (Trauma Release Exercise) Instructor

