

NOA'S COACHING

Empowering Human Relationships Through Leadership and Communication

BIO OF NOA SCHECTER

MY PURPOSE

I strongly believe that each one of us has a spark the moment we are born. What I do is help my clients find their spark within so that they can reignite their life. This translates to improve leadership skills, passion for life, inner and outer strength and more. I will coach and guide you to bridge the gap between an ordinary life and an extraordinary life by moving you to live a purposeful life so that you can have the life you desire.



BACKGROUND AND EDUCATION

I'm a graduate of a rigorous leadership program at the Institute for Professional Excellence in Coaching (iPEC). iPEC is one of a handful of programs in the United States that is approved by the International Coach Federation (ICF) for direct certification. I'm also a certified Hypnotherapist and a Master of Neuro-Linguistic Programming (NLP). As a coach, I specialize in leadership training, communication and The 7 Steps to Reprogramming Your Mind.

I'm also a licensed facilitator of the Catharsis Application Program or CAT, which has been utilized clinically in France for over 30 years. It has proven to be highly effective in implementing positive change.

I also run a high school leadership program where I help my students find their calling and improve their leadership skills such as public speaking, creating and managing events, how to engage and influence others, stress management, life purpose, decision making, goal setting and more.

MY MISSION

Taking into account that the first step can be a difficult task, I partner with you, my client, as someone they can take their first steps with, assuring them that they are not alone and there is no reason for them to fear. The partnership allows for positive changes to be created, one step at a time, which allows each and every client to reflect on and improve their relationship with themselves and others.

- Here is a list of examples that I help my clients with:
- become the leader you want to be.
- set goals and follow them through.
- release negative emotions and transform them into positive ones.

TESTIMONIALS

Noa has the natural ability to bring out the best in her clients and teaches them practical tools they could use to not only increase the quality of their lives but everyone around them. It was a pleasure to work with Noa. She is very generous with her gifts and talents because of her desire to make a positive impact in everyone she comes across.

Daniel S, Behavioral Interventionist Long Beach, CA

Noa has assisted me with overcoming some communication issues and blocks that I was not able to see. Her ability to help me see I had all the answers but wasn't able to see that was invaluable. I truly enjoyed the coaching experience with her. She has helped me set goals that I have achieved and in such a painless way too!!

Wendy R, Life Coach, Los Angeles, CA

Noa is an incredibly empathetic person and a wonderful mentor to everyone she encounters. I've had the pleasure of knowing her for the past four years, as a teacher, a mentor, and as a friend, and I can honestly say she is one of the most caring and supportive individuals I have ever met. The way she kindly but strongly pushes you to achieve your goals and take control of your life is something I know I admire, and after meeting with her, I know you will too.

Sepora M, Former Leadership Student, Los Angeles, CA