



Coaching Profile | **Jayson Blair**



Jayson Blair
Goose Creek Consulting

Background

Jayson has more than 15 years of experience working with clients on mental health, career development and leadership development, focusing on a holistic approach to helping others improve their lives. As a coach, Jayson is driven by the idea of helping others. In 2003, he was diagnosed with bipolar disorder and uses his personal experience to help inform his approach.

Jayson's specialties include the intersection of personality and recovery, being able to take ownership and motivation. He works to build connections with clients to truly understand what drives them toward their goals, to identify the strengths that are going to get them there and the roadblocks that are in their way. He is certified in a number of personality and career development assessment tools.

He has worked with adults and teenagers and has significant experience and interest in working with clients with mood disorders, personality disorders, executive function challenges, psychotic disorders and those attempt to improve their careers. Jayson also has experience working with schools, attorneys, financial planners, colleges and others to provide wraparound care that looks at the person's whole life. Jayson has worked with everyone from teenagers struggling with mental health issues to C-Suite Executives working to strengthen their teams.

Jayson has given guest lectures at many universities, including Duke University, the University of Texas and New York University, and has been featured television, radio and podcast media.

Jayson was the founder and executive director of the Depression Bipolar Alliance of Northern Virginia and began working as a mental health coach at Ashburn Psychological Services in 2007, where he helped create a novel program that brought coaching into the mental health arena. Jayson is also a former journalist and worked at *The New York Times*, where he committed plagiarism and fabrication that lead to an international scandal that he attributes to character flaws and undiagnosed bipolar. A part of what drives him is to help people recover and avoid difficult, life-changing and traumatic incidents similar to his own experiences.

He currently works with a number of non-profits and sits on the Board of the International Bipolar Foundation and the Board of Visitors at McLean Hospital, an affiliate of Harvard Medical School. He has worked with organizations that are small and ones with budgets of more than \$30 billion. He founded a coaching and consulting firm in 2010. He brings clients the perspective of someone who deeply understands leadership psychology and the perspective of a manager who has driven change.

Professional Experience

Managing Partner, Goose Creek Consulting LLC

Coach, Ashburn Psychological Services

Vice President, Phoenix Books

Reporter, The New York Times

Education

B.A., Business Communications, Jones International University

Mental Health

Career Development

Executive Coaching

Assessments

Mood Disorders

Personality Disorders

Psychotic Disorders

Graduate Certificate,
Psychological First Aid, Johns
Hopkins
