



Robyn Michelle
Goose Creek Consulting

Background

Robyn is a coach who is able to help her clients with life transitions, mental health challenges and career development. Robyn has been doing this work for more than 25 years, including supporting families and teams to grow, adapt, change and expand their visions for themselves.

Robyn's approach is based on the premise that people are wired to be naturally creative, resourceful and whole. She views her role as a coach to help them each identify where in the many important parts of life they wish to grow and to help them find connections to their inner purpose. She believes that, with supportive trust-based coaching, she is able to help her clients design goals and actions that help them align their goals and behaviors with their values.

Career Development

Robyn's goal is always to build a relationship of trust and caring support with her clients. She focuses on helping clients feel free to explore change, new goals and new horizons within themselves. Robyn focuses on helping clients make important mindset shifts that allow them to pursue the best version of their visions. She believes that help and encouragement make it easier for clients to focus on these objectives.

Mental Health

Family Support

Life Transitions

Her specialties include using guided imagery, visualization, mindfulness and other techniques that allow for greater expression and inner understanding. She believes that this approach helps clients build inner strength in a safe, supportive and creative coaching environment.

Robyn has years of experience working in customer relations and quality management in healthcare settings. She leverages that experience to help clients who are seeking coaching in the areas of their personal lives, work and career or school changes, relationships with family, friends and community, physical environments or moves, spiritual and creative contexts, financial growth and mindsets and the other parts of life that cross over and through these bigger pieces of the pie of life are assisted in finding the best path forward.

She is a member of the International Coaching Federation and studying at the Co-Active Training Institute. Robyn has training in facilitation from the Juran Institute, received her Yoga training, RYT 200 in Integral Hatha Yoga from Yogaville in 2014, and Guided Imagery and Self Hypnosis training.

Professional Experience

Coach, Goose Creek Consulting
Client Support Coordinator, Novant Health
Patient Support Coordinator, Prince William Hospital
Director, Volunteer and Auxillary Services, Prince William Hospital
Director, Leadership Staff Improvement, Colorado Foundation for Quality HealthCare Improvement

Education

B.S., Family and Child Development, Virginia Tech
