

About Connie

"I believe that true happiness and fulfillment comes to us when we know who we are, when we are comfortable and confident living in our own skin, when we know what we want from Life, and when we focus our best efforts on going for our dream - whatever that may be. Whether you are an individual or a business, I support you in this quest."

Connie Komack, M.A. is the founder and owner of LifeWork Enterprises. As a life/work coach, speaker, trainer, writer, and author, she works with people, businesses, and organizations in transition to help them realize their dreams. She educates, guides, and motivates her clients to focus on their strengths, clarify their purpose and goals, create a vision for the future, develop strategies for achieving their goals, take actions that will lead to their desired results, and then maintain a balanced and fulfilling lifestyle.

Key things to know about Connie ...

Coaching

- Life/Work/Career/Business Coach in private practice
- Career & Education Advisor, Foundations Program, Gloucester
- M.A. in Marriage & Family Counseling (Goddard College)
- Certificate in Family Systems Therapy (Boston Family Institute)
- Many years additional Counseling training
- Member of International Coach Federation
- Member of Coachville & Coachville Graduate School of Coaching

Training & Development/Speaking

- Experienced presenter, workshop/seminar leader and program developer
- Creator and presenter of *Designing Your Life™* program
- Author of *Designing Your Life: A Life/Work Empowerment Program*
- Developer and teacher of *Career Development* curriculum
- Professional Member of National Speakers Association
- Member of Toastmasters International

Writing & Editing

- Twenty years experience in book publishing industry, as text editor, art editor, and photo researcher/photo editor
- Undergraduate minor in English (A.B. Connecticut College, with Honors)
- Creator/Writer of more than a dozen workshops/seminars
- Writer/Developer of four multi-session programs/curriculums (*Designing Your Life, Writing Your Life, Career Development, Living Together/Growing Together*)
- Writer of online training materials for educational publisher
- Editor/publisher of *Unlikely Angel* (book of poetry) by Carole Wood Hardy