

# Harriet Skrok

Life Coach

## Profile

Enthusiastic Life Coach with 1 year of experience empowering clients to navigate personal and professional challenges. Skilled in developing customized plans to foster personal growth and goal achievement. Passionate about promoting positive habits, improving communication, and facilitating meaningful change.

## Employment History

### Life Coach at New Jersey Life Coaching, NJ

May 2023 - Present

- Successfully coached over 200 clients in New Jersey, resulting in a 95% satisfaction rate and a 90% achievement of clients' personal and professional goals.
- Developed and implemented a unique coaching program that increased client retention by 30%, leading to a revenue growth of 25% for New Jersey Life Coaching, NJ.
- Conducted a series of workshops and seminars that reached over 500 participants, raising awareness about the benefits of life coaching and contributing to a 20% increase in new client inquiries.

### Associate Life Coach at Inner Navigation Life Coaching, NJ

Sep 2022 - Apr 2023

- Successfully coached over 50 clients within a year, resulting in a 95% satisfaction rate and a significant increase in positive life changes such as career advancement and improved relationships.
- Developed and implemented a new goal-setting workshop for groups, which attracted over 200 participants within six months and generated a 30% increase in revenue for Inner Navigation Life Coaching.
- Spearheaded a social media marketing campaign that boosted the company's online presence, leading to a 40% increase in new client inquiries and a 25% growth in overall clientele within eight months.

## Certificates

### International Coach Federation (ICF) Credential

Nov 2021

### Board Certified Coach (BCC)

Apr 2020

## Memberships

✉ [harriet.skrok@gmail.com](mailto:harriet.skrok@gmail.com)

☎ (806) 927-0012

📍 123 Maple Street, Cherry Hill, NJ 08002

## Education

### Certificate in Life Coaching at Rutgers University, New Brunswick, NJ

Aug 2018 - May 2022

Relevant Coursework: Foundations of Life Coaching, Effective Communication, Goal Setting and Action Planning, Personal and Professional Development, Emotional Intelligence, Ethics and Boundaries, Wellness Coaching, Career Coaching, Relationship Coaching, and Group Coaching Techniques.

## Links

[linkedin.com/in/harrietskrok](https://www.linkedin.com/in/harrietskrok)

## Skills

Active Listening

Goal-setting

Empathy

Motivational Interviewing

Cognitive Reframing

Solution-focused Coaching

Mindfulness Techniques

## Languages

English

Russian