

About Val



Philosophy

- Val partners with clients seeking to maximize their performance. She has worked with clients at: Bulletproof, Cisco, Facebook, Checkr, Uptake, Cloudera, and The Rwanda School Project.
- She provides one-on-one coaching and team workshops in a safe environment, where clients get clear on what they want, and then create actionable plans to chart a path towards their goals.
- Having been a working mom throughout her career, Val is inspired to help clients find strategies for joyfully juggling parenting, careers, and self-care.

Experience

Val's business experience includes 20+ years working in high tech, managing large, complex, global teams.

Qualifications

- BS in Human Development - University of California, Davis
- CPCC from The Coaches Training Institute (CTI)
- Emotional Intelligence practitioner EQi-2.0 - Multi-Health Systems
- Certified StandOut Strengths Coach - The Marcus Buckingham Company
- Hermann Brain Dominance Instrument (HBDI) - Certified practitioner