



# KINGSTON COACHES DIRECTORY

## WHO WE ARE

We are dedicated ICF-credentialed coaches who live and work in the Kingston, Ontario area. Through a collaborative process, we partner with you as you navigate personal and professional challenges, transitions and self-discovery.

## WHAT WE DO

Coaches specialize in areas such as leadership development, team dynamics, career moves, retirement, health, relationships and more. Each coach in our directory brings unique expertise and background, so you can find someone whose focus aligns with your needs.

## ICF CREDENTIALS

The International Coaching Federation [ICF] provides a standardized approach to assist consumer confidence, as we all share the same ICF-accredited training foundation, practice within the standards of ICF core competencies, and adhere to the ICF code of ethics.

[kingstoncoaches.ca](http://kingstoncoaches.ca)



## INVEST IN YOURSELF TODAY!

Gain clarity on goals and priorities

Develop purpose and direction

Strengthen decision-making and problem-solving skills

Enhance confidence and resilience

Stay motivated to reach desired outcomes

Increase overall well-being in life



FIND  
YOUR  
COACH