



Dr. Michelle Boose

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Many successful professionals blur the boundaries between work and home and quietly struggle to meet mounting demands. This can manifest as increased stress, strain on personal and working relationships, affect job performance, decrease resiliency and increase burnout. Take back control of your time.

There are a lot of different types of coaches to choose. I delayed declaring a coaching specialty for fear that once it was defined, it would not allow me to do more. In my medical specialty of Family Medicine we are referred to as the jack of all trades, master of none. Based on personal interest we have the knowledge, training, and capacity to incorporate new areas of focus within our practice.

My approach to both Executive and Transformational Coaching is similar to my medical practice in that I coach the whole person, not just their job title.

Areas of expertise:

- Leadership Development
- Career Development
- Goal Setting
- Communication Skills
- Time Management
- Productivity
- Equity, Diversity, Inclusion
- Resiliency
- Burnout
- Work-Life Balance

Please contact me directly via email to set up a consultation.

Currently seeing clients virtually.