

# COECH LLC

**MICHAEL A. COE**

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*Cultivating a world where all clients can connect with their purpose, passion, and play to have a fulfilling life.*

## **Coaching Philosophy**

Mike is an expert leadership presence coach who specializes in working with individuals and teams on leadership, transitions, and creativity. He believes that coaching work may be hard and challenging at times for clients...and it doesn't have to suck. Mike draws from mindfulness, martial arts, storytelling, nature-based, and improv comedy principles to co-create verbal, physical, emotional and humor-based practices, exercises, and experiences so clients can create dynamic and lasting change.

Mike has coached leaders across public and private sectors, as well as the military. He created and led a year-long project with US Air Force at the Pentagon, providing improv and coaching workshops to increase collaboration, teamwork, and leadership presence.

## **Background**

Mike retired from the US Air Force as a Lieutenant Colonel after a 22-year career, and is a practicing improv performer and instructor which makes his coaching offer unique; a blend of serious leadership and playful creativity. Mike has been a leadership presence coach for 10 years and has a wall of credentials if you're into that sort of thing. He received his initial Leadership Coaching certification from Georgetown University and is an Associate Certified Coach with the International Coach Federation. Mike pursued advanced training and is a Master Somatic Coach with the Strozzi Institute, and a Master Embodied Coach with Leadership Embodiment. He is graduate of two improv training programs, and has two master's degrees in Strategy and Project Management. He's currently pursuing a PhD in East-West Psychology.

## **Interests**

An avid runner, swimmer, and hiker, Mike's backpack is always full of snacks, a mind-bending book, and his journal. A naturalized citizen of Hawaii, Mike infuses his life with Aloha. His nephews have consistently ranked him the #1 Uncle Mike (of 1) for 9 years running. Mike lives in San Francisco and rides his bike everywhere.