



*Kathleen Kelley*

EDD, PT, NCS

STRESS MANAGEMENT  
COACH

Kathleen has helped transform the lives of people around her for over 30 years. Her passion for neurology, brain health, wellness, and the importance of self-care led her to become a life coach. She uses both her experience as a seasoned physical therapy professor, yoga and meditation teacher, and her thorough understanding of neuroscience to guide individuals to shift their mindset and take control of their lives. Although she works with people of all career paths and walks of life, her plan is to improve the mindset of her fellow therapists, so they can take a stand against the status quo of overworked and undervalued healthcare practitioners.

Helping people realize the power of the mind is Kathleen's favorite part of being a life coach. She believes working with the mind is more challenging than working on the body, but it is rewarding in the long run. She gives individuals stress management tools they can draw on in moments when they are overwhelmed or stressed. Drawing on her experience as a yoga and meditation teacher and life coach, she develops individualized programs for stress management and teaches clients to manage their minds to improve their quality of life. She genuinely enjoys a challenge and is determined to guide her clients to become better versions of their former selves.

When you choose to work with Kathleen, you will learn to:

- Set personal boundaries without guilt - say no when you mean no, and stop saying yes when you actually mean no
- Make decisions firmly and swiftly without second-guessing yourself.
- Process feelings instead of stuffing them, so they don't surface later
- Apply principles of neurophysiology to managing your stress and anxiety
- Make the best choices for YOU and feel content with your decisions.

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