



# Jennifer Corbin

Jennifer is an internationally recognized, authentic, grounded and light-hearted professionally-trained coach.



## Jennifer Corbin

Growing up biracial in a traditional suburb of Chicago, Jennifer Corbin learned the importance of working hard, having clear values and building meaningful relationships. Her family and friends had no idea that the shy, geeky child that they knew would one day find herself making a profound impact on people all over the world. For over 15 years, she has empowered people to take incremental actions towards the things that are most important to them.

## Commitment to Change

A family tragedy, the suicide of her younger brother, would cause her to start questioning in her early 20's what most people started to question in their 40's. Jennifer was one of the first coaches to receive formal training in 1996 from the founder of the coaching profession. She endeavored to find out for herself, through traditional and non-traditional means, what was most important in this world. On a steady path of uncertainty, but with a lot of gumption, she went from technological trainer to president of a \$5 million company in 10 years.

## Coach

As a Professional Certified Coach, Jennifer's client list reads like an international "Who's Who." Working with independent and employed professionals, small business owners, entrepreneurs, managers and executives, she inspires her clients to make values-based choices that will have the highest impact for sustainable satisfaction.

## Speaker

As a dynamic and credible speaker, Jennifer delivers hope and inspiration to individuals, organizations and associations through her messages of breaking through barriers, self-imposed or otherwise. Audiences feel as though she's reading their minds and touching them in ways they've never been touched. She delivers strategies for change in a passionate, humorous yet practical manner.

## Author

### Articles, Newsletters, E-Books

Ms. Corbin frequently writes articles, newsletters, e-books and training programs on work-life balance, coaching and business development.

### Coach U Textbooks on Coaching

Three university-level textbooks were co-written by Jennifer Corbin in conjunction with Coach U Staff, and published under the Coach U, Inc., name by John Wiley & Sons. Coach U was founded in 1988 and is the largest provider of coach training for individuals interested in entering the field of personal and professional coaching.

## Credentials & Experience

- Professional Coaching Designations:
  - Professional Certified Coach™
  - Professional Mentor Coach™
  - Certified Mentor Coach™
  - Coach U Certified Graduate™
  - Coach U Faculty/Senior Trainer
- President of Coach U and Corporate Coach U
- Association of Coach Training Organizations Board of Directors
- Professional Member of the National Speakers Association
- Licensed Coaching Clinic for Corporate Managers™ Facilitator
- Licensed Personal Communications Styles Inventory™ Facilitator
- Certified Personal Foundation Specialist™
- Former Founder and Host of the Chicagoland Chapter of the International Coach Federation

## The Balance Studio

Our services, programs and products are geared towards individuals and organizations seeking to:

- Work smarter and not harder
- Reclaim more energy and momentum to focus on what's most important
- Get current on initiatives, projects and commitments
- Wear fewer hats and delegate more to systems and people
- Better manage an over-complicated or non-existent business or personal life
- Stop missing out on opportunities because of being too busy working *in* the business rather than *on* the business
- Eliminate complaints from others about working too hard and neglecting other priorities

Visit [www.TheBalanceStudio.com](http://www.TheBalanceStudio.com) to learn more about our upcoming events (including coaching retreats and bootcamps), speaking topics, products, resources and professional coaching services.

Subscribing to our e-zine will keep you informed!

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