

Meet Coach Natalie

**Speaker • Author • Coach
Trainer • Writer • Parent**

"A catalyst who energizes parents to take action and make conscious choices to create the life they truly want both personally and professionally. I help parents achieve fulfillment while meeting and beating the challenges that family, personal, and career issues throw at them every day."

Natalie Gahrmann's life story is an adventure that has grown from her foundation of strengths and vision for the future. Early experiences managing a retail store and teaching Business courses to high school students led to a career with AT&T in Training & Development. During her ten years with AT&T, Natalie was a high-potential leader who took on ever-increasing responsibilities, including sales & marketing training, competency modeling, performance management, executive development, leadership training, product training, and strategic Human Resources. She earned her Masters degree in Administration and Supervision while working full-time.

While on leave after the birth of her second child, Natalie accepted--with much trepidation--a voluntary early retirement package. Faced with a tough choice as both the family bread-winner and a committed and ambitious career woman, Natalie learned first-hand the value of controlling her own destiny. Without the benefit of having a coach as an objective, non-biased sounding board (she didn't know what coaching was then!), Natalie painstakingly went through months of personal and professional assessment. She now brings that experience, along with other valuable life lessons, to help her clients create the life they truly desire.



Natalie Gahrmann, MA, ACC

Coaching is a natural fit for Natalie because it empowers her to maximize her strengths while living her dreams. In 1997, she began her professional training and founded N-R-G Coaching Associates, an international training and coaching company, dedicated to helping her clients transform their lives. A graduate of Coach University, Natalie is certified through the International Coach Federation (only about 10% of coaches are!) and through Coach Parenting, Active Parenting, and Now What: 90 Days to a New Life Direction.

After three years of providing tips through her weekly e-newsletter, Natalie took it to the next level with her first book, ***Succeeding as a Super Busy Parent***, which has been well received by working parents as well as career professionals across the spectrum. As a Professional Speaker, Natalie inspires busy parents by using her teaching and training skills as she connects with her audiences. She enjoys bringing lightness into the reality of life by providing a fresh perspective to help overcome the barriers to happiness and satisfaction.



Natalie's children, husband, and dog are the center of her life. Her hobbies, like her career, are a series of adventures and calculated risks. She has taken on the tallest and fastest roller coaster in the world, conquered bungee jumping, hot air ballooning, skydiving, whitewater rafting, snorkeling, snow and water-skiing.

Natalie is truly a Super Busy Parent herself – after all, it takes one to know one!

In addition to Coaching, Speaking, Writing, and Training, she is active in her local community, mostly through the schools and activities her children are involved in (such as cheerleading and scouts). She is the Life Coach on the Mom Makeover team for *Parenting* magazine and the work/life expert at BlueSuitMom.com. She is also an independent trainer for CIGNA Behavioral Healthcare, as well as an advisory board member for the Academy for Coaching Parents International and TickleU (a new division of Cartoon Network). Natalie is a popular contributor to magazines, newspapers, and on-line resources. She's often called upon as an expert in work/life areas by the media, and has been interviewed for the CBS Early Morning Show, Good Morning America, Chicago Tribune, USA Today, Redbook, Smart Money, Essence, and Better Homes & Gardens.

Get ready for her next speaking engagement at a women's organization, parent association, religious group, or corporation near you! Watch for her expertise online, and in magazines and on TV!

Coach Natalie can help you define your values, priorities, and strengths so that you reach your fullest potential and maximize your personal and professional effectiveness!

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