

Chelsey Moon Ideal Client Profile

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Who I Serve

Ambitious early and mid-stage career professionals working in tech-driven organizations who are ready to build stronger resilience, sharpen their focus, and deliver sustainable, burnout-resistant performance.

Pain Points

High performers in tech-driven environments juggle shifting priorities, rapid context switching, and relentless delivery targets. Their focus fragments, recovery gets cut short, and boundaries erode as Slack, sprints, and stakeholders compete for their attention. Confidence stays high, but bandwidth thins, which drives second-guessing, slower decisions, and stalled progress on the work that actually moves the needle.

Benefits

I help high performers build resilient mindsets and practical habits that protect their energy and grow it. Together, we design simple ways of working that align goals with action and keep focus steady. The result is clearer decisions, consistent follow-through, and performance they can sustain.

My Fit

I blend a PhD in Organizational Psychology with 10+ years designing leadership and performance programs in fast-moving, tech-centric organizations. My coaching pairs evidence-based methods with practical systems that fit real calendars and constraints. Clients get a thought partner fluent in people and performance, with results that show up in how they work and lead.