

Client Profile Sheet – Coach Todd Nolan

As your Coach, I will offer an effective, proven, impactful way to gain new perspectives and develop useful skills to help you with decision making and dealing with real world topics that you encounter every day. **I work with high school and college students, as well as young adults in a partnership that can help clients to figure out the best ways to interact with others to experience growth and a positive outlook, and to optimize performance and outcomes in many situations that impact daily lives.**

Many young people across multiple communities are dealing with increased levels of stress, anxiety, and uncertainty from trying to learn how to adequately adjust and cope, personally and professionally, with situations and people they need to interact with. Students are inundated with social media content and messaging that can often-times contribute to feelings of being left out or overlooked by their peers. Snapchat, Instagram and TikTok can portray stories and images of “the place to be” when teenagers see glamorous pictures and posts, but what many people really want is to be seen and heard and to have a sense of purpose, belonging, and to be included and have connection with other people. Students can be stressed studying and preparing for exams, and many young adults experience anxiety that can come from graduating from college or university and entering the real world as an inexperienced professional that is expected to perform and succeed independently without assistance from teachers, parents and professors. **As your Coach, I will coach you on ways to develop useful methodologies and systems to help you succeed in today’s fast-paced society. As my client, you can expect that we will work together to “cut through the noise” to gain insights and perspectives on important subjects and topics that really matter and make a difference, including school and grades (students), career aspirations and focus (young adults), growth mindset, family, friends, health, having fun and living a fulfilling life as an authentic individual.**

If you are interested in what you have read in this client profile and heard about me as a coach, you can be assured that we will discuss topics that are important to you in each session and can be measured and echoed for clarity, understanding and alignment. When we work together, you can count on me to deliver a coaching experience that is professional, empathetic, empowering, curious, courageous, confident and inspiring. **I offer experience as a Certified Coach and as a career Sales Executive across multiple industries with proven, strategic success as an energetic, focused and motivated professional delivering results and optimizing performance for companies, clients, partnerships and in relationships both personally and professionally.**