



International Consortium for Health & Wellness Coaching

Mentor Coaches

The following mentor coaches have been ICHWC-approved. Please contact a mentor coach from this list to schedule three mentor coaching sessions to be completed by the close of the Examination Application Phase on April 15, 2017.

If a training program wishes to nominate a mentor, the training program Director should write to the ICHWC, nominating the mentor with a clear description of the person's mentorship skills as witnessed **first hand** by the training program Director. In addition, the mentor candidate should submit a letter detailing their experience, as well as a recording of a mentorship session for review by the ICHWC. Directors of health & wellness coach training programs and the ICHWC Board of Directors may not serve as mentors for this purpose.

Elizabeth Bechard, BA, RYT
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www.elizabethbechard.com
919-672-2343

Elizabeth Bechard was certified by Duke Integrative Medicine (Durham, NC) as an integrative health coach in 2013. In addition to her work at Duke as a clinical research coordinator and health coaching instructor, Elizabeth maintains a private coaching practice and teaches yoga in the community. When she's not at Duke, Elizabeth loves spending time with her husband and young boy-girl twins, going for long walks outside, and reading voraciously about feminism, social justice, mindful parenting, and holistic health.

Diane Dunlevy
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612-581-0809

Diane is a certified Health and Wellness Coach through Wellcoaches and she has also completed Therapeutic Coach training through the Meta Institute. She brings 14 years of nursing experience including positions in the Emergency Room, Endoscopy and Hospice to her work as a Wellness Coach. This combination of compassionate nursing alongside intuitive coaching enables clients to take an active role in their health and receive meaningful support and accountability to become who they want to be. Special interests

include the role of spirituality in health and assisting caregivers with their own self-care. She enjoys exercise, theater, museums and any new experiences that take her out of her comfort zone.

Annalise Evenson

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212-945-0299

Annalise has been a practicing coach since 2001. She is a Professional Certified Coach (PCC) with the International Coach Federation, a registered ICF Mentor Coach and a Certified Professional Health & Wellness Coach through Real Balance Global Wellness Services, Inc. She is also a Certified Professional Co-Active® Coach (CPCC) with The Coaches Training Institute.

Candace Gregory, BSN, RN-C, BC-NC, IHC

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Candace is a registered nurse, a certified Integrative Health Coach through Duke Integrative Medicine, and an ANCC board certified nurse coach. She has worked in various roles in some of the most stressful fields of healthcare including intensive care, emergency and trauma care, flight nursing, and informatics. Candace currently works as a co-lead trainer and mentor/supervisor for the Whole Health Coaching program at the Veterans Health Administration. She is an approved ANCC mentor/supervisor for nurse coach certification candidates and a mentor/supervisor for the University of Arizona Integrative Health Coach program. She also has an independent coaching practice specializing in working with healthcare providers, particularly nurses. Candace is originally from Louisville, KY and currently resides in Naples, FL.

Christine Imfeld

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Christine believes in a personalized approach to lifestyle change and is passionate about helping people discover and embrace their own strengths. She uses coaching techniques to help create a wellness vision along with a realistic plan of action to get you where you want to be. Her main focus is to help her clients find balance in work, play and the joy of healthy eating. Christine holds and M.A. in Integrative Health and completed her coaching certification at the California Institute of Integral Studies. When

she's not coaching, you can find her soaking up the sun at the beach with her dog, planning her next journey abroad or stretching it out at her favorite yoga class.

Joseph Ison

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Phone: 415-671-9048

Hello! I'm Joseph Ison, a Certified Integrative Health & Wellness Coach, based in the Pacific Time zone (PST). I have a Masters in Integrative Health Studies from the California Institute of Integral Studies. I support my clients with *meaningful* and *sustainable* wellness plans through embodiment, active listening, and accountability, and I utilize a holistic approach to health coaching. Through my own personal journey and education with wellness and integrative health, I believe that everyone has the potential to manage their own health in a meaningful and sustainable way.

Tricia Karpfen Mac, ACC

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Tricia is a Duke Certified Integrative Health Coach. She holds a Masters Degree in Acupuncture from Tai Sophia, in Columbia, Maryland. She has been a lead trainer for the Integrative Health Coach Professional training at Duke Integrative Medicine since 2010. She has also been an instructor and mentor in the Duke Certification program. As a coach, Tricia brings a deep quality of presence to her sessions empowering clients to achieve high-level wellness within the dynamic demands of modern lifestyles. Tricia's background is in holistic health care, having served as Executive Director of Kripalu Center for Holistic Health in Summit Station, Pennsylvania, and Director of Health Services at Kripalu Center for Yoga and Health in Lenox, Massachusetts. Tricia lives in Durango Colorado.

Julie Kosey, MS, PCC, RYT

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<https://www.dukeintegrativemedicine.org/about/meet-the-team/julie-kosey-ms-pcc-ryt/>

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Petite in stature, Julie has been described as a "gentle giant" for her warm mentoring that helps people reach their full potential. As a mindfulness teacher for 20 years, she knows that when people feel at ease, issues become clear, and creative solutions emerge. With more than 2500 hours of health coaching experience, she has coached in wellness programs, Duke's clinic, research studies, and privately. Julie has taught health coaching skills since 2006, leading to instructing through Duke and Vanderbilt.

She holds certifications from Duke, the Coaches Training Institute, and the International Coach Federation. She was a subject matter expert for NCCHWC on teams that identified essential knowledge and skills for a health coach, and helped create the national exam. Julie lives in Raleigh, NC.

Deborah Lee, PhD, RN
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Deborah Lee, PhD, RN is a Certified Integrative Health Coach, trained and certified through Duke Integrative Medicine (IM). She has worked as a hospital and home care nurse, researcher, university professor, public health professional and health care administrator in the U.S. and Canada. Deborah is an Instructor with the Integrative Health Coach Professional Training Program at Duke IM in both the Foundation and Certification programs. She is also a Research Specialist with the College of Health and Human Services at Western Kentucky University. Deborah resides in the Nashville, TN area.

Megan Lipsett, MA & RYT, Certified Integrative Health and Wellness Coach
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Megan Lipsett is an Integrative Health Educator and Adjunct Assistant Professor for the Integrative Health Studies master's program at the California Institute of Integral Studies. She has a BA in Psychology with a focus in Cognitive Psychology, an MA in Integrative Health Studies, and is a certified Yoga Instructor with experience in Ayurveda, Shamanism, and Yoga Psychology. Megan has been coaching individual clients for over 5 years and leads Mentoring and Leadership Development programs for health and wellness coaching in the bay area through her company, [COPIA Health](http://www.copiahealth.com). She specializes in: Meditation & Mindfulness, Growth Mindset, Chronic Disease Management, Integrative Self-Care Practices, Addiction, Cognitive Psychology, Purpose & Leadership, Environmental Stewardship, Social Equality, and Compassionate Communication.

Christina Lombardo, MA, MCC, BCC, PCHWC, CPCC
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Christina graduated from and is credentialed through Wellcoaches School of Coach Training in 2004 and also from the Coaches Training Institute (CTI) in 2001. She has served as a mentor coach and practical examiner at Wellcoaches and also with the

International Coach Federation for over a decade. Additionally, she is a faculty member at Wellcoaches and a Graduate Professor of Coaching Psychology at three universities. Her passion is working with coaches in training and health care practitioners who want to apply coaching behavior change competencies to their home and work life. She and her husband live in Powell, Ohio with their four teenagers.

Marian Long, RN MSN AHN-BC, HWNC-BC, CHTP/I
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I graduated from Linda Bark's Wisdom of the Whole Academy, becoming an instructor soon after becoming certified as a HWNC-BC in 2013. In my 33+ years as a nurse, I've practiced in many hospital and outpatient settings; am a Healing Touch practitioner/instructor; been active since 1999 in the American Holistic Nurses Association (AHNA) and more recently the American Cannabis Nurses Association (ACNA); and love my current role as coaching instructor and Co-Dean of Students for Wisdom of the Whole. I live in Northern Michigan and am passionate about companioning with people navigating the unique challenges and opportunities of these amazing times.

Katherine Mackintosh, B.S., M.Ed.
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After making major health changes of my own, I became a health coach to help others do the same. I am passionate about health coaching as the answer to many of our issues with personal health and medical systems, so I feel that mentoring upcoming coaches with a similar vision to assist in this mission is vital. I have been mentoring new coaches at many levels from a wide variety of backgrounds for over 5 years. I can be fairly flexible scheduling our mentor sessions. Located in Raleigh, North Carolina

Kelly Davis Martin
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Kelly Davis Martin has her Masters in Public Health, Health Education and Promotion, from Portland State University. She is a Certified Professional Health Coach and she has been a faculty member and mentor for Wellcoaches since 2011. Kelly is on the advisory board at the Harvard McClean Institute of Coaching. She is currently working on her doctorate in Behavioral Health.

Laura Matteliano, M.A and RYT
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Laura embodies a holistic approach to well-being, while guiding clients to realizing their personal strengths to become healthy-and stay that way! Laura holds a M.A in Integrative Health from California Institute of California Studies in San Francisco with a certification in Health Coaching, along with 500 registered hours of yoga training. Laura resides in Oakland, CA and enjoys anything relating to creating healthy food, being outside, dancing or yoga-ing.

Kim Brame McGimsey
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Kim Brame McGimsey is a Duke-certified integrative health coach and founder of Breakthrough Health, where she offers individual and group coaching, mindfulness workshops and speaking engagements. Kim's practice integrates over 22 years of business and management experience with her passion for helping individuals cultivate their best, healthiest, most joyful selves. Kim also serves as a Co-Lead Instructor and a Certification Instructor in the Duke Integrative Health Coach Professional Training Program, where she loves mentoring coaches as they develop their coaching skills, master the coaching process and create their coaching partnerships. Advancing the health coaching profession has been a priority for Kim since graduating from the program in 2010, and since then she has mentored more than a hundred coaches.

Molly McShane, MS
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Molly graduated from the Wellcoaches Health and Wellness Coaching program and is a faculty member at the University of Minnesota's health coaching program. She is the lead integrative health and wellness coach at the Penny George Institute in Minneapolis. Molly's favorite thing about coaching is helping her clients rediscover joy and passion in their lives.

Kathy Moehling, RN(AHN-BC), ND, LCPC, LMT, HTCP, HWNC-BC
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Kathy has been a health coach since graduating from Linda Bark's program in 2000--then the World Health & Healing Collaborative. She is a certified nurse coach and a life coach--and has been teaching and mentoring with Linda Bark's program which is now called Wisdom of the Whole Coaching Academy, since 2012. Kathy has enjoyed the

privilege of being a coach with health systems, with a cancer resource center, and in her private practice. She lives in Illinois.

Megan Murk, MA
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My name is Megan and I am excited to be your mentor coach! I received Master's degree in Integrative Health Studies and a certificate in Integrative Wellness Coaching from the California Institute of Integral Studies in 2012 and have been working in the field ever since. I am native to and still reside in Northern California (PST) and greatly enjoy spending time near the ocean, learning new things and can often be found digesting a new book or documentary.

Theresa Nutt, MA, BSN
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My name is Theresa Nutt and I graduated from Coach University in 2003. I have a nursing background and have been coaching clients in corporate wellness and private practice since 2002. I am a member of the graduate faculty at the University of Minnesota in the Integrative Health and Well-Being program. I live in Minneapolis and my time zone is CST.

Preeti Rao
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Founder & CEO, Welljii LLP, Preeti Rao's vision is to facilitate sustainable lifestyle behavioral changes that lead to better quality of life and wellbeing. Welljii LLP is the recipient of "50 Best Wellness Companies Listings- Global Listing" by the World Health and Wellness Congress and it comprises of India's only Health and Wellness Coaching Centre and Institute. She completed her MA in Integrated Health Studies from California Institute of Integral Studies, USA in 2013 and holds several fitness, yoga and health related certificates. Her expertise lies in exercise physiology, nutrition, health & wellness coaching, stress management, and corporate wellness programs to name a few. Her previous professional work includes UCSF Osher Center for Integrative Medicine, Atena Wellness Coaching Program, and Charlotte Maxwell Complimentary Clinic in California, USA and Reebok India as their Fitness Brand Ambassador. She

currently heads the Max Healthcare Wellness Care Clinic and her authored articles regularly get featured in leading newspapers and magazines.

Andrea Shaw, PhD, MCC
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Andrea Shaw, PhD, MCC, is a consultant and Master Certified Coach (the highest designation offered by the International Coach Federation), with extensive experience in health, leadership, and career coaching. She mentors new as well as experienced coaches, and designs coach training courses. In 2002, Andrea joined the Health Coaching team at Integrative Medicine as the first coach in the department. She graduated from and is an instructor and mentor in Duke's Integrative Health Coach Professional Training Program. Andrea has run a successful coaching and psychotherapy business since 1982. She works internationally with corporate and individual clients on leadership development, communication skills, including emotional intelligence and mindfulness, health and balance, career advancement and transitions, and reaching breakthrough performance goals. Andrea lives in North Carolina.

Joshua Steinfeldt
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Joshua Steinfeldt is a Certified Wellness Coach and a Licensed Trainer through Real Balance Global Wellness Services where he now sits on their faculty and trains health professionals in health and wellness coaching globally. In addition to this, Joshua is a Professional Certified Coach through the International Coach Federation, and holds a Master's Degree in Applied Positive Psychology from the University of Pennsylvania where he had the opportunity to study under Dr. Martin Seligman and Dr. Angela Duckworth as well as other world-renowned researchers. For his Master's Thesis Joshua pioneered qualitative research on courage and coaching mastery under the mentorship of Dr. Robert Biswas-Diener. Joshua is located in California and conducts business in the pacific time zone. For more on Joshua visit www.joshuasteinfeldt.com.

Claire Stuckey, MA, LPCC
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Claire provides health & wellness coaching and psychotherapy including integrative mental health care in the Minneapolis/St. Paul, Minnesota metro area. She earned an

MA in counseling & psychotherapy from the Alfred Adler Institute of Minnesota and a health coaching certificate in integrative therapies and healing practices from the University of Minnesota Center for Spirituality and Healing. In addition to her private practice, Claire is graduate faculty in the health coaching program at the Center for Spirituality and Healing, directs the health coaching and counseling programs at Pillsbury House Integrated Healthcare Clinic in Minneapolis, and is a qualified supervisor for the Minnesota Board of Behavioral Health and Therapy for those seeking state licensure as a Licensed Professional Counselor (LPC) or a Licensed Professional Clinical Counselor (LPCC).

Jim Tillman

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Dr. Tillman holds a Doctor of Ministry degree from Campbell University Divinity School. Jim received his certification in Integrative Health Coach through Duke Integrative Medicine, where he is now an instructor and mentor in their Integrative Health Coach Certification program. He is a Motivational Interviewing Trainer and is a member of the Motivational Interviewing Network of Trainers (MINT). Jim founded Open Water Coaching and Consulting in January 2011, which provides training and workshops for healthcare providers, staff, and health coaches and personal health coaching services. He has worked with several grant-funded projects as lead coach, peer coach supervisor, and Motivational Interviewing trainer and advisor. Jim has completed additional graduate studies in adult education and health communication. He lives in North Carolina.

Darlene Trandel, PhD,RN/FNP,CNS,CCP,PCC

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Darlene's education background includes: PhD (University of Washington), Post-graduate (Harvard), Masters of Science in Psychiatric-Mental Health and Post-Masters as Family Nurse Practitioner (University of Virginia). She holds the following coaching certifications: International Coaching Federation (PCC), Mentorcoach Institute, (Wellness Coach), Wellcoaches (Professional Health/Wellness Coach), Advanced Coach Training School (Body-Centered Coach), Disease Management Association of American (Chronic Care Coach), Iowa Chronic-Care Consortium (Clinical Health Coach), Appreciative Inquiry Coach Training (Coach Facilitator), "Am I Hungry?" Mindful eating Coach Training, Harvard Lifestyle Medicine Culinary Health Coach. Darlene currently is assistant professor at University of Maryland where she integrates coaching throughout the graduate nursing curriculum and serves as faculty mentor-coach. She also is faculty and mentor at Wellcoaches Coach Training School.

