

Annika Sorenson

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PROFILE

Passionate, trustworthy Life Coach with over a year of experience empowering people to overcome personal challenges. Specially trained in holistic life coaching and results-oriented strategies. Able and eager to create effective programs with a team or independently. A lifelong student of personal development committed to motivating and sharing wisdom with as many people as possible.

PROFESSIONAL EXPERIENCE

Assistant Life Coach

Life Empowerment Center, Des Moines, IA | July 2019 – Present

- Assists clients in person and virtually, identifying values and setting priorities and goals
- Cultivates trusted relationships with clients ranging from teens to elderly adults, inspiring them to take responsibility for their lives and practice productive thought patterns and behaviors
- Collaborates with life coaches and supervisor to develop and enhance training programs for teens and young adults
- Creates documentation of exercises to be used by clients during sessions
- Provides logistical and administrative support to life coaches running workshops and community outreach events

EDUCATION

Certified Professional Life Coach Program

Northeast Iowa Community College
January 2019 – June 2019

- The Role of Exercise in Productivity
- Healthy Body/Healthy Mind

Bachelor of Science in Business Administration – Accounting Major

University of Nebraska, Lincoln, Lincoln, NE
September 2005 – May 2009

KEY SKILLS

- Strong verbal and written communication skills
- Confidentiality
- Non-verbal listening techniques
- Teamwork
- MS Office
- Education

CERTIFICATIONS

- Holistic Life Coach, IA Life Coach School
- Results Coach, Iowa Life Coach School