



## MJ Impastato

Mojo expert determined to help you feel good in your skin

### Overview

MJ is a professional life coach, speaker, and mojo expert. With over 20 years of experience, she has helped hundreds of individuals and organisations to restore their true selves and move from surviving to thriving. MJ's approach is holistic, empowering, and compassionate, creating a fine balance of challenge and support. She creates experiential programs that foster a safe, welcoming environment by using visualizations, body work and interactive activities. Her warmth and deep intuition help people heal and live happier lives.

Early in her career, MJ served as an executive assistant to some of the world's top CEOs at Grey Group, Hilton Worldwide and General Electric. She brings that understanding of the corporate environment and its challenges into her coaching work.

### Location

USA

### Languages

English

### Specialties

Leadership development, team alignment, public speaking, one-on-one coaching, program development and facilitation.

### Clients

MJ's clients span across multiple industries that include engineering, manufacturing, professional services, technology and telecoms.

### Training & Qualifications

- PCC, Professional Certified Coach (International Coaching Federation)
- CPCC, Certified Professional Co-Active Coach (Co-Active Training Institute)
- Brain-based conversation skills (NeuroLeadership Institute)
- Certified user of DiSC and Hogan assessments
- Certified Yoga of Recovery Counsellor
- Diploma (Louisiana State University, USA)