



Executive Board – 2008

PACA's executive board is comprised of individual coaches with backgrounds that span all areas of business. They bring a tremendous amount of talent, knowledge and success to the table and are determined to bring about connection, commitment and collaboration as part of their 2008 objectives.

Maria van Hekken – President

President and founder of Yes2Yes Leadership-for-Success Coaching, Maria van Hekken brings a wealth of experience and a unique, positive approach to leadership coaching. Her belief in possibility, an ability to see the gifts in challenges, steadfast focus on results, and the safe and supportive space she creates with clients leads to positive, sustainable change.

Maria has over 20 years of distinguished service and hands-on experience in leadership, management, administration, project management and team performance. She was Director of Program Development and Director of the Mid-Atlantic Food and Farming Coalition at The Food Trust in Philadelphia, PA. Additionally, Maria served as Director of U.S. Programs, Co-Director of the Penn State University/Rodale Institute Center for Sustaining Agriculture and Natural Resources in Urbanizing Environments, and Project Manager of the \$1 million W.K. Kellogg Foundation Regional Infrastructure for Sustaining Agriculture Project at the Rodale Institute.

A graduate of Georgetown University's Leadership Coaching program, Maria is credentialed through the International Coach Federation and a Founding Member of the Leadership Coaching Association.

Sue Guiher – President-Elect

Susan Guiher, MS, CCC, is a personal and business results coach, trainer, facilitator, speaker, author, life-long learner and avid lover of the outdoors. She brings to her coaching over 20 years of experience in different areas of leadership and business development, clinical programming and implementation, communications, education and sales. In 1999, Sue founded Clear Path Coaching and Consulting. Her clients refer to her as the Belief BarracudaSM because she is able to identify unsupportive beliefs and lead clients through a process to remove the barriers that block their success.

A graduate of Ithaca College, with dual Master Degrees in Speech Pathology and Audiology, Sue received her primary coach training from Comprehensive Coaching U and is a student of the Graduate School of Coaching. She is also a founding member of Coachville.

Sue is a member of the International Coach Federation, is certified through the International Association of Coaching and is the author of *Stop Spinning Plates: How to Lose Your Balance and Become a Thriving Mother*.

Val Hastings – Past President

J. Val Hastings, PCC, is the founder and president of *Coaching4Clergy*, which empowers today's spiritual leaders through coaching, consulting and coach training. Val is a Professional Certified Coach through the International Coach Federation and an ordained United Methodist Pastor in the Eastern Pennsylvania Annual Conference. As a Consultant, Val specializes in vision development, strategic planning and transition management.

Val additionally serves on the faculty at Coach University and is a Professional Mentor-Coach. A presenter at the 2006 Convention of the International Coach Federation on "*Coaching Today's Spiritual Leaders*," Val has a global vision of empowering today's spiritual leaders through coaching and coach training.

Randy Quinn – Vice President, Communications

Randy Quinn's desire to take a more holistic approach in helping people reach their business and personal goals led him to become a professional life coach in 2004. With a current focus on career transition, relationship, and financial coaching, he has also provided business consulting, project management, systems architecture, and technology consulting services to both small and Fortune 100 companies.

Randy has a degree in Computer Science from Pennsylvania State University and has studied Project Management at Villanova University in association with the Project Management Institute. A member of the International Coach Federation, Randy received his coach training from the Institute for Life Coach Training.

Joanne Vitali – Vice President, Corporate Affairs

Joanne Vitali, Principal and Founder of Vitali Training & Coaching, provides customized training, meeting facilitation and coaching services to corporations. Her primary expertise is developing self awareness in leaders so that they love their work and reach their full potential.

With more than 20 years experience in management, business planning and corporate training, Joanne's background has spanned the software, utility, healthcare and space industries. She has worked with senior management to develop strategic/tactical plans,

design/facilitate meetings of all kinds and provide executive coaching. In addition to a unique opportunity to train shuttle astronauts at the Johnson Space Center in Houston, Joanne has held management and senior level advisory positions. Currently, she lectures MBA students at the Wharton School of Business and uses her varied expertise as a consultant, workshop leader and corporate coach.

After earning a BS degree in physics from Georgetown University, Joanne graduated summa cum laude with an MBA, specializing in organizational development. She received coach training from Coachville Graduate School of Coaching and is a member of both the International Coach Federation and the International Association of Coaching.

Chris Coward – Vice President, Education

Christine “Chris” Coward, MSW, LCSW is founder of Coaching To Fulfillment, LLC, and works with leaders, teams, and small business owners, uncovering their unique strengths to enhance their performance. A musician herself, Chris also works with musicians – individuals as well as bands – helping them take their business and performances to the next level. In addition to running Coaching To Fulfillment, Chris is the coordinator of coaching services for Mind Body Spirit, Inc., a habit change company.

Prior to coaching, Chris served as director at a non-profit child welfare organization, during which time she developed several workshops and trainings focused on leadership development and team building. A member of the International Coach Federation, Chris received her training through MentorCoach.

Jennifer Gleeson Blue – Vice President, Marketing

Founder and president of *Get There From Here*, Jennifer Gleeson Blue specializes in coaching 20- and 30-somethings on living authentically through the myriad transitions that arise in life. Through a compassionate and lively approach, Jennifer empowers her clients to create inspired, sustainable and authentic lives. With that end in mind, she also facilitates workshops on myriad topics and maintains a partnership with City Fitness Philadelphia, a comprehensive fitness club, to bring wellness and life coaching to its members.

Prior to discovering coaching, Jennifer engaged in an array of eclectic professional pursuits that prepared her well for the situations she encounters as a coach. A graduate of Coach University and a member of the International Coach Federation, Jennifer also holds a bachelor’s degree in communication studies from Azusa Pacific University.

Sheree Butterfield – Vice President, Membership

Sheree Butterfield is an executive coach committed to maximizing professional performance that translates into improved organizational results. With a coaching practice focused upon building effective communication strategies within fast-paced environments, negotiating one's career in a world of uncertainty, and successfully navigating the political

landscape to achieve one's goals, Sheree has over 20 years of successful management experience.

Sheree's coaching is informed by her remarkable career as a Fortune 100 executive where she held both line and staff roles and had extensive experience managing projects, people and P&L. Her experience includes human resource management and P&L responsibility for a \$35 million high-growth service business.

A member of Break Through Consulting's executive coaching team, Sheree is a Certified Professional Coach through the College of Executive Coaching and is a member of the International Coach Federation.

Katrina Ogilby – Secretary

Katrina Ogilby, CTA Certified Life Coach, JD, MA Ed., is creator and founder of Beyond Empty Nest. She helps women at mid life create more satisfying lives through her coaching practice and writes a bi-monthly newsletter, *Beyond Empty Nest Ezine*. Katrina also facilitates workshops and retreats and speaks to women's groups around the Main Line about how to choose and redesign their lives.

With a career background in law and education, Katrina is also a mother and wife of 25 years. She received her training from the Coach Training Alliance and is a member of the International Coach Federation.

Amanda Lipnack – Treasurer

Amanda Lipnack, president of Aloft Coaching, specializes in management/career transition coaching as well as time management and project management coaching. Amanda realizes that the moment people are aligned with their passions, dreams and goals, they are able to be authentic and successful.

Having worked her way through the corporate ranks – from customer service representative to director of a Fortune 500 organization – Amanda learned the skills required to succeed. Most importantly, she learned that she was best suited to help people achieve their goals and dreams. That experience drives Amanda to work with her clients to dream and to create ways to achieve those dreams.

Amanda graduated from the University of Delaware with a degree in political science and electoral studies and is currently enrolled at Coach University. She is a member of the International Coach Federation and a lifetime resident of the Philadelphia area.

Linda O'Neill – Manager, Administrative Services

Linda O'Neill is a life coach specializing in helping adults with attention deficit/hyperactivity disorder gain clarity, confidence, and focus to accomplish their personal and professional goals. Additionally, she also supports moms who work inside or outside the home to discover their life purpose, clarify their dreams, and help make those dreams come true.

Most recently, Linda opened Inspiration Café at her home in Paoli where she facilitates study groups and provides 'spiritual cinema' for women to 'gather together to grow in spirit.'

Prior to starting her coaching business in 2000, Linda had more than 20 years of business experience as a versatile, results-oriented manager successful in customer service, operations, project management, process improvement and team building.

Linda graduated summa cum laude from Immaculata University with a BA in economics and has received coach training from the Coaches Certification Institute, the Institute of Professional Empowerment Coaching and Dream Coach University. A former Secretary and Vice President of Membership for PACA, Linda is a member of both the International Coach Federation and the Attention Deficit Disorder Association.

Laura Pumo – Communications Virtual Assistant

Laura Pumo is founder and president of *Office DEVA*, a company that provides an outsourcing solution to small and medium sized businesses with a specialization in supporting professional coaches, speakers and authors. Before she founded *Office DEVA* in 2003, Laura had experience working with executives in the biotechnology, benefits consulting and consumer durables industries.

Laura is Vice President of the Delaware Valley Virtual Assistants Association, as well as a member of the Greater Philadelphia NAWBO chapter. Additionally, she has been an active member of the International Virtual Assistants Association since 2003.