



Welcome Message from Dr. Heather Cosimini

Welcome to Cosimini Coaching. Through my website, I would like you to consider how coaching can help with professional and personal goal achievement, as well as fulfillment.

I also offer counseling services if you feel your needs are around mental health support- [click here](#) to learn more about that option. In terms of coaching, I assist my clients through using focused, powerful questions that help to activate their thinking around choices, motivation, solutions, and problem-solving abilities. Through this process, I successfully collaborate with my clients (including professors, doctors, high-level managers, counselors, and students) around transforming their goals into actions.

I specialize in career management, engagement, motivation assessments and change in order to help clients make their professional lives more fulfilling. My expertise also includes working with clients around holistic health, self-care, and navigating life transitions. Finally, since I am currently a psychology professor who has worked in higher education for a number of years, I have a unique skill-set that has equipped me to support faculty, graduate, doctoral, and PhD students.

I hope to share my skills and expertise with you in order to support you in achieving your unique goals!

Sincerely,
Dr. Heather Cosimini
 Cosimini Coaching, LLC.

[Learn More](#)



Motivational Mapping is a motivation assessment used in the UK and throughout Europe. Motivational Map research reported map users indicated a 95% accuracy rate, and they gave the assessment a 97% usefulness rating (James Sale Motivational Mapping, LTD.) I am one of a handful of practitioners licensed in the US to offer this amazing measure for motivation! See my [blog post](#) on motivation and/or [click here](#) to learn more about this tool.

A life full of happiness starts from within

Start with a twenty minute private "test drive" coaching session for free

[Contact Me](#)

[Click Here](#)



How are Therapy and Life Coaching different?

In general, coaching typically helps with goals, motivation, performance, and problem solving

In contrast, counseling in general is more focused on mental health issues

Benefits of Coaching

4 benefits identified by clients from an International Coaching Federation survey

80%

of clients improved their self-confidence

73%

of clients improved their relationships

72%

of clients improved their communication skills

67%

of clients improved their work-life balance

If you would like to sample what it is like to experience some of the previously mentioned benefits. You can "Test drive" a twenty-minute free, private coaching session with me. This session will help you to personally begin to experience the power and benefits of coaching.

[Contact Me](#)

[Click Here](#)

*All coaching sessions are conducted online or on the phone, depending on your personal preference
 *Clients must be 18 and older to sign up for coaching

"Whatever you can do, or dream you can, begin it...Boldness has genius, power, and magic in it." -Goethe

Reasons to Work with me

Coaches Typically Help with the Following Areas:

Take a good look at this list and think about your biggest challenges and what it might cost you if you don't deal with them. How could your life be different if you addressed these identified areas?

- Confidence building
- Transitioning through life changes
- Inspire new ideas to address old problems
- Relationships
- Improved interpersonal skills
- Improve positivity and resilience in spite of challenges
- Maximize holistic health through self-awareness and self-care
- Increased awareness and insights
- Identifying measurable goals/ creating plans
- Taking action
- Creative problem solving
- Enhanced performance levels
- Professional goal achievement/job searches, career transitions, degree planning and grad school pursuits
- Motivation and overcoming blocks
- Addressing obstacles
- Decision making

Coaching Success Stories

"You leave each session feeling empowered and confident that "you can do this."

”

If you need an individual to help you put your life back on track or hone in on an area of your life that is lacking, look no further. Heather Cosimini has the expertise to do just that and even more as you work with her on a consistent basis. During your conversation with her, she may lead you into a subject matter that you are unaware that needed attention. Heather allows you to create ideas of how to overcome road blocks or set feasible and manageable goals. You set the pace and boundaries. You leave each session feeling empowered and confident that "you can do this." It is a collaborative effort that is supportive and reassuring.

Heather's level of proficiency is unparalleled to others in the same profession. She has a vast background where she was schooled in psychology and higher education, and has life experiences that allow her to empathize, understand your weaknesses and make you feel like you are not alone in anything you throw her way.

At the onset of our coaching relationship, she was able to help with revising my resume and redo my cover letter. During these past sessions we were able to focus on effective communication and strengthening my relationships.

I highly recommend Heather Cosimini as a professional life coach.



Ellen N.

[★ See More Testimonials](#)

[Contact Me](#)

[Click Here](#)

Connect With Me!



What to Expect

Through coaching, I help my clients to examine their motivation, increase insights, identify blocks and set goals accordingly, so that they can optimize their careers and/or personal wellness. Additionally, I offer specialty coaching services for faculty and graduate students. I also offer customized consulting services around resumes, cover letters, etc. Finally, in terms of counseling, I support clients in managing and coping with anxiety, depression and/or grief. For more specific details, please [click coaching/counseling services](#) on my website and/or feel free to contact me at heather@cosiminoaching.com.

[View Privacy Policy](#)

Developed by Nathan Spinetti
 © 2020 Cosimini Coaching LLC - All Rights Reserved

Counseling Services

Coaching is available for clients throughout the United States and internationally, but **counseling is available for Rhode Island Residents only (must be 18 years old and up) as I am licensed to practice counseling within this state.

All counseling sessions are via **telehealth (online)

Part of the human condition is to experience anxiety, depression, grief and loss throughout the lifespan. Depending on your temperament, coupled with your life experiences, you may have struggled more with such issues. I can provide support in such areas based on my extensive counseling background, as well as my training and teaching experience in psychology and social work. My cognitive and holistic approach to counseling and overall wellness can help you learn to manage your anxiety, depression and/or grief at a pace that is most comfortable for you.

Anxiety

Perhaps you have struggled with anxiety your whole life, or you may find yourself experiencing this based on personal life changes and/or the large scale life changing events we are facing in our world, now, more than ever. We can work together so that your thoughts and anxiety don't control you, but instead you can learn to control them through psycho-education and therapy.



Depression

Again, this issue may have been ongoing throughout your life, and/or it may be new and heightened in light of community and world issues. That being said, talking to a licensed and trained professional can help to lighten your burdens, and break them down into manageable "chunks". Ultimately, I can provide education and support around coping skills that are optimal for you.

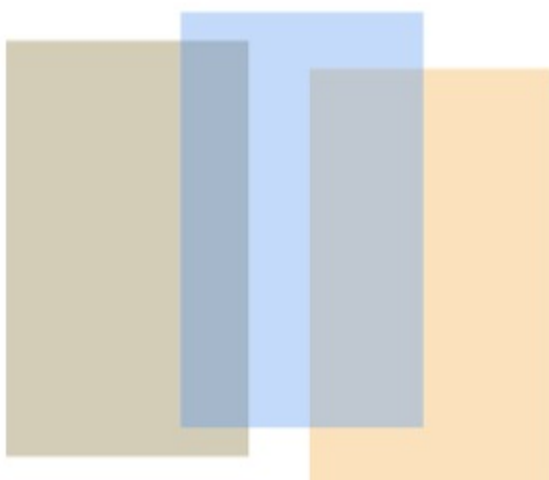
Grief

Most people have experienced loss throughout their lives. This could be the death of a loved one, but people often underestimate the impact of the losses they have experienced outside of death, such as loss of friendships, romantic relationships, jobs etc. I have personally experienced the profound experience of loss, but I also have training and knowledge of the effective professional nuances and interventions for grief. Consequently, I am confident that I can support you as you navigate your unique grief journey.



Want to Try Private Counseling?

Get in Contact!



Your Name (required)

Your Email (required)

Subject

Your Message

SUBMIT

Coaching is available for clients throughout the United States and internationally, but **counseling is available for Rhode Island Residents only (must be 18 years old and up) as I am licensed to practice counseling within this state.

All counseling sessions are via **telehealth (online)

Connect With Me!



What to Expect

Through coaching, I help my clients to examine their motivation, increase insights, identify blocks and set goals accordingly, so that they can optimize their careers and/or personal wellness. Additionally, I offer specialty coaching services for faculty and graduate students. I also offer customized consulting services around resumes, cover letters, etc. Finally, in terms of counseling, I support clients in managing and coping with anxiety, depression and/or grief. For more specific details, please click [coaching/counseling services](#) on my website and/or feel free to contact me at heather@cosiminicoaching.com.

[View Privacy Policy](#)

Coaching Success Stories

"You leave each session feeling empowered and confident that "you can do this."

If you need an individual to help you put your life back on track or hone in on an area of your life that is lacking, look no further. Heather Cosimini has the expertise to do just that and even more as you work with her on a consistent basis. During your conversation with her, she may lead you into a subject matter that you are unaware that needed attention. Heather allows the flow of conversation happen organically, but rest assured there is always a plan that follows after your call. Heather allows you to create ideas of how to overcome road blocks or set feasible and manageable goals. You set the pace and boundaries. You leave each session feeling empowered and confident that "you can do this." It is a collaborative effort that is supportive and reassuring.

Heather's level of proficiency is unparalleled to others in the same profession. She has a vast background where she was schooled in psychology and higher education, and has life experiences that allow her to empathize, understand your weaknesses and make you feel like you are not alone in anything you throw her way.

At the onset of our coaching relationship, she was able to help with revising my resume and redo my cover letter. During these past sessions we were able to focus on effective communication and strengthening my relationships.

I highly recommend Heather Cosimini as a professional life coach.



Ellen N.

Want to Join this list?

Start with a twenty minute private "test drive" session for free

[Contact Me](#)

[Click Here](#)



Kaylene L.

Heather has been coaching me for over 4 months and I highly recommend her coaching service. Her powerful intuitive questions have helped me to breakthrough my limiting beliefs and see the future that I dreamed of. Heather provides a safe space to explore my goals and to identify a way forward. She brings out the best in me and I am extremely grateful for the opportunity to work with Heather. Best investment I have made, is to engage Heather as my Life Coach.



Moira W.

Heather created a nurturing, safe space that allowed me to clarify my personal goals. Her thoughtful, motivational inquiry inspired me to continue on my journey of personal development. Heather's background in psychology and teaching have enhanced her natural talent for inspiring people to pursue their goals. Her insightful, positive approach has motivated me to stay on a path of health and wellness. If you are truly interested in self improvement... I highly recommend that you choose Heather to be your guide.



Dr. L.

Heather is an absolutely phenomenal coach! Heather has been my coach for over a year. Her coaching structure and style have helped me to determine what is really important in my life, which allowed me to focus my attention on achieving my goals. 2019 was an incredibly successful year for myself and my family. I am still impressed with how quickly Heather was able to coach me to complete my goals in an expedited manner! She is amazing, genuine and worth the investment that you make to become all that you can be!!



Chris

Heather is a brilliant coach. She really listens to your feelings and helps you find the solutions to any problems you may be encountering, which means more than being told what to do because the answers come from you! She gently reminds you that you have all of the answers that you need inside of you, and with her gentle approach to asking provocative and insightful questions, these otherwise hidden answers become visible. Every session brings at least one big aha moment of clarity that feels incredible. By the end of each session, I am ready to take what I learned and apply it to my life with a practice such as words of affirmation or guided imagery. Her holistic approach to healing is desperately needed during these difficult times. I cannot recommend her enough. Thank you, Heather, for continuing to serve as a bright guidepost in my life.

"I highly recommend her to anyone who's on the fence about whether or not hiring a coach is right for them."

Over the past year, I've had the opportunity to work with Heather and I must say that she's a marvelous Life Coach! Her background in education and psychology along with her rigorous training as a Life Coach creates a unique, memorable, and impactful coach who's able to be "in the moment" every step of the way with her client. She's able to ask the tough questions in a very approachable way & dig deeper with a client so they come up with more than superficial solutions to whatever topic/issue that they've brought to the session.

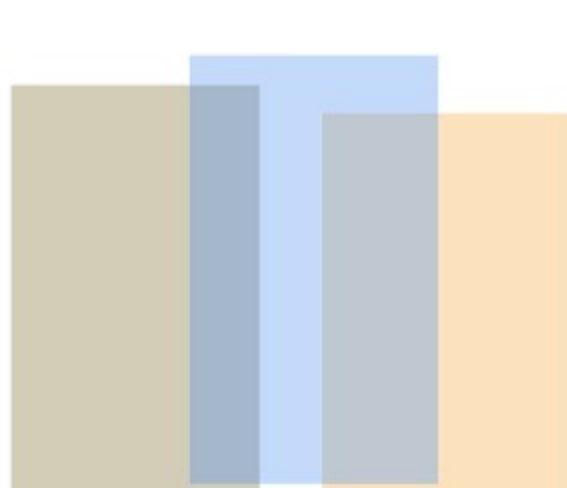
Heather excels at keeping her clients accountable and giving them honest opportunities of reflection in a very professional yet compassionate and empathetic way. I highly recommend her to anyone who's on the fence about whether or not hiring a coach is right for them. Trust me, it is! She won't disappoint and you will make significant progress in whatever areas you bring to the session.



Janelle H.

Want to Try Private Life Coaching?

Get in Contact!



Your Name (required)

Your Email (required)

Subject

Your Message

[SUBMIT](#)

Connect With Me!



What to Expect

Through coaching, I help my clients to examine their motivation, increase insights, identify blocks and set goals accordingly, so that they can optimize their careers and/or personal wellness. Additionally, I offer speciality coaching services for faculty and graduate students. I also offer customized consulting services around resumes, cover letters, etc. Finally, in terms of counseling, I support clients in managing and coping with anxiety, depression and/or grief. For more specific details, please click [coaching/counseling](#) services on my website and/or feel free to contact me at heather@cosiminiccoaching.com.

[View Privacy Policy](#)

Developed by Nathan Spinetti

© 2020 Cosimini Coaching LLC - All Rights Reserved

My Story

Unlike many self-proclaimed coaches, I am a certified holistic life, career and executive coach through a training program that is accredited by the International Coaching Federation. Additionally, I am a psychology professor with 10 years of experience in counseling (including career counseling, job search assistance, interview preparation, resume assistance and mental health). I also have extensive training in psychology, social work, leadership, education and a doctoral degree. Such experiences have equipped me with the expertise to help you design your tailor- made journey and to achieve your self-defined goals.

Based on my own success as result of being coached by certified coaches, I have personally experienced the extraordinary benefits of coaching. I also know what it is like to move through struggles with career/education issues, motivation, goals, relationships and finding balance. Based on my training and on my successful navigation through such issues, I collaborate with my clients to help them move past their unique blocks. While I work with clients, I can attest to witnessing their increased insights, empowerment, optimism and inspiring transformations. Based on such insights, they feel energized and ready to take action regarding their career and/or personal goals. As a result, I am confident that I can support you to do the same in your own life!

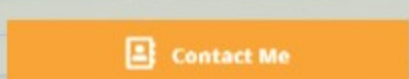
Sincerely,

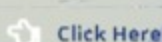
Dr. Heather Cosimini
Cosimini Coaching, LLC.



A life full of happiness starts from within

Start with a twenty minute private "test drive" coaching session for free

 Contact Me

 Click Here



My Approach

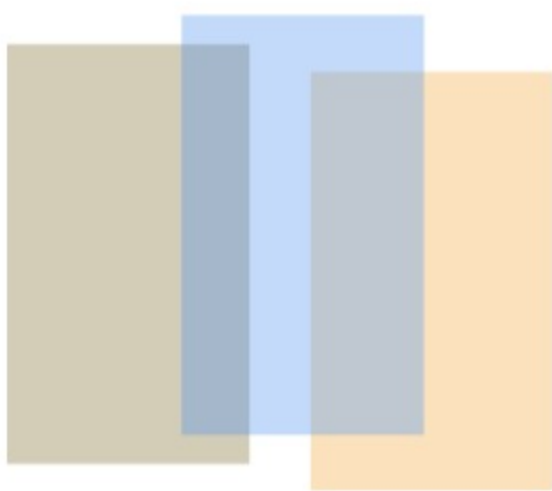
My client-centered, solution focused coaching/ counseling style is based on mindfulness, positive psychology and a holistic approach. In fact, I always leave sessions feeling excited for my clients as I experience their positive shift in energy and goal actualization throughout our sessions and overall work together. All in all, this is why I love coaching and counseling!

Credentials

- Psychology Professor-graduate & undergraduate courses taught include, but are not limited to-Psychology of Motivation & Leadership in the Workplace, Health & Wellness Counseling, Introductory/ Abnormal Psychology and Principles of Group Counseling
- Certified holistic life, career and executive coach through accredited training program
- Licensed clinician with mental health counseling experience in treating clients with anxiety, depression, grief, adjustment and trauma issues
- Group counseling experience
- Member of the American Counseling Association
- Career advising background including cover letter/resume assistance, job search guidance and interview preparation

Want to Get in Contact?

Message me here!



Your Name (required)

Your Email (required)

Subject

Your Message

SUBMIT

Connect With Me!



What to Expect

Through coaching, I help my clients to examine their motivation, increase insights, identify blocks and set goals accordingly, so that they can optimize their careers and/or personal wellness. Additionally, I offer specialty coaching services for faculty and graduate students. I also offer customized consulting services around resumes, cover letters, etc. Finally, in terms of counseling, I support clients in managing and coping with anxiety, depression and/or grief. For more specific details, please click [coaching/counseling services](#) on my website and/or feel free to contact me at heather@cosiminicoaching.com.



[View Privacy Policy](#)

Developed by Nathan Spinetti

© 2020 Cosimini Coaching LLC - All Rights Reserved