



## Chantel Allen

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The anxiety coach for LDS women — I help women who are stressed, overwhelmed and anxious, end their struggle without more meds or therapy. Change only happens within and I can show you the simple process to relief once and for all.

Website: [chantelallencoaching.com](http://chantelallencoaching.com)

Instagram: [@chantelallencoaching](https://www.instagram.com/chantelallencoaching)

Private Facebook Group: [Zero-Anxiety Mom's Club](#)



## Heidi Benjaminsen

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I help mothers of teenagers **lose** physical and emotional weight and **gain** confidence to be firmly grounded during the teenage years. My clients stop overeating and remain calm and anchored while their teens ride their own emotional rollercoaster.

Website: [heidibenjaminsen.com](http://heidibenjaminsen.com)

Podcast: [Hi, This is Heidi](#)

Email: [Heidi@heidibenjaminsen.com](mailto:Heidi@heidibenjaminsen.com)



## Kristine Cramer

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LDS Confidence coach — I help women find joy and fulfillment in relationships and achieving their goals as they become their best confident self.

Email: [coachingwithkristine19@gmail.com](mailto:coachingwithkristine19@gmail.com)

Instagram: [coaching.with.kristine](#)



## Jennie Dildine

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The LDS Mission coach — I help pre/post LDS Missionaries end the battle with stress and anxiety, create epic, unwavering confidence and step powerfully into their potential.

Website: [jenniedildine.com](http://jenniedildine.com)

Instagram: [jennie.theldsmissoncoach](#)

Facebook: [Jennie - The LDS Mission Coach](#)



## Crystal Haitsma

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I help overwhelmed mamas love being with their kids as much as they love being away from them. I am super passionate about positive parenting and LOVE helping moms find their own path within that realm.

Website: [coachcrystal.ca](http://coachcrystal.ca)

Instagram: [the.parenting.coach](https://www.instagram.com/the.parenting.coach)

Youtube: [Monday Mini-Trainings](https://www.youtube.com/channel/UC1m1m1m1m1m1m1m1m1m1m1m)



## Jenie Hunter

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LDS LGBTQ Life Coach — I help families in a non-judgmental, safe place, process all the emotions and develop strategies for building a stronger family while creating a stronger relationship with their Savior.

Website: [jeniehuntercoaching.com](http://jeniehuntercoaching.com)

Facebook: [jeniehuntercoaching](https://www.facebook.com/jeniehuntercoaching)

Instagram: [jeniehuntercoaching](https://www.instagram.com/jeniehuntercoaching)



## Jenny Larsen, MA

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Christian Life & Purpose Coach — I coach Christian moms whose kids are getting older.

Website: [jennylarsencoaching.com](http://jennylarsencoaching.com)

Facebook: [jennylarsen210](https://www.facebook.com/jennylarsen210)

Instagram: [JennyLarsen210](https://www.instagram.com/JennyLarsen210)



## Marci Owen

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I help women leave the feeling "I'm not good enough" behind and love themselves.

Website: [marciowen.com](http://marciowen.com)

Instagram: [marci.owencoaching](https://www.instagram.com/marci.owencoaching)

Email: [marci@marciowen.com](mailto:marci@marciowen.com)



## Mia Pappas

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Family Relationship and Life Coach — I can help you get the calm and connection you want around family.

Website: [miapappas.com](http://miapappas.com)



## Camilla Rasmussen

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The Goalkeeper Coach — Setting goals is easy, right? Keeping them is the tricky part. If you're looking for help in keeping your goals, and all that entails, then I'm your girl. Let's do this.

Website: [coachingbycamilla.com](http://coachingbycamilla.com)

Instagram: [lifetakesgrit](https://www.instagram.com/lifetakesgrit)



## Sarah Reid

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I coach aspiring novelists.

Email: [sereid222@gmail.com](mailto:sereid222@gmail.com)



## Zach Spafford

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The Self Mastery Coach — I work with LDS couples and individuals to overcome unwanted habits, especially pornography use. My signature program has helped many stop unwanted behaviors that are holding them back from being the best version of themselves.

Website: [zachspafford.com](http://zachspafford.com)

Instagram: [zachspafford.selfmasterycoach](https://www.instagram.com/zachspafford.selfmasterycoach)

Facebook: [Zach Spafford - The Self Mastery Coach](https://www.facebook.com/ZachSpafford-TheSelfMasteryCoach)



## Danielle Thienel

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I help overwhelmed moms have peace of mind through every stage of motherhood, so you can show up as your best self, enjoy your family, and live the abundant life God created you to live.

Website: [daniellethienel.com](http://daniellethienel.com)

Podcast: [The Peaceful Mind Podcast](#)

Facebook Group: [Crazy Awesome Catholic Moms](#)



## Lindsay Buchan

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I coach employees who want to be more confident in their careers. You'll learn how to confidently speak up, how to stop feeling like you're heading towards a coaching plan, and how to leave the daily stress and anxiety at work so you can enjoy your nights and weekends again.

Website: [lindsaybuchancoaching.com](http://lindsaybuchancoaching.com)

Instagram: [lindsaybuchancoaching](#)

Podcast: [More Than A Paycheck](#)



## Lindsay Poelman

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Marriage Coach for women whose husbands look at pornography. ARE YOU TIRED of feeling like a victim to your husband's behavior? I'll show you how to rise up, discover, and step into the energy of the incredible woman that you already are.

Website: [lindsaypoelmancoaching.com](http://lindsaypoelmancoaching.com)

Instagram: [lindsaypoelmancoaching](#)

Facebook: [Lindsay Poelman Coaching](#)



## Allyson Cole

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Faith-Based Divorce & Relationship Coach — I help women considering divorce decide if they want to stay or go, accept their reasons for their choice, and move forward without regret. I coach women through all stages of divorce so they can better navigate the entire process.

Website: [allysonmcole.com](http://allysonmcole.com)

Podcast: [The Divorce Reset](#)

Email: [allysonmcole@gmail.com](mailto:allysonmcole@gmail.com)





## Trisha Biesinger

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The Relationship Coach - I help Women have less painful relationships. I will teach you how to show up and feel empowered in any relationship so there is less conflict and drama. Relationships can be the best part of life when we learn these tools, I can show you how.

Email: [trishab.coaching@gmail.com](mailto:trishab.coaching@gmail.com)

Instagram: [coach.trisha](https://www.instagram.com/coach.trisha)



## Heather Daines

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Parenting Coach — I work with parents who want a better understanding of how to discipline, set boundaries and most importantly enjoy their children at any stage.

Website: [heatherdaines.com](http://heatherdaines.com)

Email: [Heather@daines.net](mailto:Heather@daines.net)



## Heather Rasband

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Faith-Based General Life Coach — I create a safe space for women of faith to get help with difficult circumstances in their life.

Email: [Heather@HeatherRasbandCoaching.com](mailto:Heather@HeatherRasbandCoaching.com)

Website: [heatherrasbandcoaching.com](http://heatherrasbandcoaching.com)



## Sheri Brasier

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Certified Confidence Life Coach — I help women of Faith learn the one skill they need to overcome self doubt and ignite unshakeable self confidence so they can find their purpose and love their life. I help them create practical solutions for managing their day to day responsibilities and help them figure out what truly brings them joy.

Website: [sheribrasier.com](http://sheribrasier.com)

Instagram: [sheribrasier](https://www.instagram.com/sheribrasier)

Podcast: [Creating Unshakeable Self Confidence with Sheri Brasier](#)



## Delene Ostler

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Life Coach for humans (men & women) who want to feel happier but don't know where to start. You understand The Model created by Brooke Castillo, but need help actually implementing and using it in your life to solve any problem. You need a road map. Let's build one!

Website: [ostlercoaching.com](https://ostlercoaching.com)

Instagram: [ostlercoaching](https://www.instagram.com/ostlercoaching)

Email: [ostlercoaching@gmail.com](mailto:ostlercoaching@gmail.com)



## Juli Osmun

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Let Go and Love Coaching — I help parents gain greater connection with their teens and young adults by helping them let go of the fight and love themselves and their children right where they are.

Instagram: [letgoandlove\\_coaching](https://www.instagram.com/letgoandlove_coaching)



## Theresa Diulus, MPH

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Moms with Type 2 Diabetes — I help moms with Type 2 Diabetes who feel overwhelmed and confused learn to live confidently in control of their T2D.

Website: [theresadiulus.com](https://theresadiulus.com)

Instagram: [theresadiulus](https://www.instagram.com/theresadiulus)



## Kate McKay

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Faith-Based Relationship with God Coach — Some people feel bad about not spending enough time with God, and then they feel guilty because they keep putting it off. I help people who want to enjoy God, build habits that make spending time with Him easy, so that every part of their life can be better.

Website: [encouragementbydesign.com](https://encouragementbydesign.com)

Email: [katemckay@encouragementbydesign.com](mailto:katemckay@encouragementbydesign.com)

Instagram: [katemckay7](https://www.instagram.com/katemckay7)



## Molly Cash

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The Passion Project Coach — I have a passion for believing in other people. There's something calling to you, but you're not sure you've got what it takes. I'll help you overcome your doubts, believe in yourself, and build unshakable confidence so you can move forward in your power, passion and purpose.

Website: [mollycash.com](https://mollycash.com)

Instagram: [mollycashcoaching](https://www.instagram.com/mollycashcoaching)

Podcast: [Start & Keep Going](#)



## Abby Green

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Mindful habits life coach — Unlock your potential one tiny habit at a time. I help you decide what's essential for your unique life and get rid of the noise and comparison. You will be more physically rested, mentally refreshed, emotionally liberated and stop overthinking. We start with daily habits and create transformational change so you can simply thrive now.

Website: [simplythrivenow.com](https://simplythrivenow.com)

Instagram: [@simplythrivenow](https://www.instagram.com/simplythrivenow)

Email: [abby@simplythrivenow.com](mailto:abby@simplythrivenow.com)



## Kathy Moffat

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Marriage Coach — I work with women who are exhausted from taking care of others, and as a result their marriage is suffering. We work together to cultivate confidence in themselves and show up with intentionality and passion in their life and marriage.

Website: [kathymoffat.com](https://kathymoffat.com)

Instagram: [kathymoffatcoaching](https://www.instagram.com/kathymoffatcoaching)

Email: [kathy@kathymoffat.com](mailto:kathy@kathymoffat.com)



## Jonie Helms

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Marriage and Family Relationships — Has your marriage been on the back burner? Is it falling off the stove? I help you reconnect with your husband and with yourself, so your marriage can be even better than it was before you had kids. In the process you will gain self-confidence and improve the relationship with your kids.

Email: [jonie@lovingusbetter.com](mailto:jonie@lovingusbetter.com)

Website: [lovingusbetter.com](https://lovingusbetter.com)



## Danielle Vaughn

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Anxiety Coach for Performing Artists & Creatives — I help you master anxiety and honor your creative pursuits. I work with musicians in the performing arts; singers, songwriters, and instrumentalists who are working toward big dreams. It's about showing up in the arena and Daring Greatly.

Website: [daniellevaughncoaching.com](http://daniellevaughncoaching.com)

Podcast: [Dare Greatly Podcast](#)

Email: [danielle.vaughn@gmail.com](mailto:danielle.vaughn@gmail.com)



## Sheila Knight

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Children who choose a different religion — I love helping parents see the relationships we have with our adult children is completely dependent on our thoughts about them. Those relationships can absolutely flourish, regardless of children's choices!

Email: [lifecoachsheilak@gmail.com](mailto:lifecoachsheilak@gmail.com)



## Tami Schwendiman

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If you have been listening to Jody because you are suffering, I've been where you are at and it's really hard. Nothing is wrong, even though it feels like your world is upside down. This is part of our purpose. We are here to have experiences and learn how to control our minds and bodies. We create our suffering and I don't want you to suffer. I can help you.

Website: [tamischwendiman.com](http://tamischwendiman.com)

Email: [tami@tamischwendiman.com](mailto:tami@tamischwendiman.com)

Instagram: [tamischwendimancoaching](https://www.instagram.com/tamischwendimancoaching)



## Bonnie Lyman

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Specializing in helping women who are struggling in their relationships with their adult children. When we find the real cause of our disconnection with our adult children we are able to find the solution to having more connection with them. I help women learn how to choose love on purpose.

Website: [bonnielyman.com](http://bonnielyman.com)

Email: [bonnie@bonnielyman.com](mailto:bonnie@bonnielyman.com)

Instagram: [bonnielymancoaching](https://www.instagram.com/bonnielymancoaching)





## Cathy Cullen

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Parenting — I work with smart, successful people who struggle with parenting. I equip parents with the tools to be the confident, connected and peaceful adults they want to be.

Website: [time-for-your-best-life.com](http://time-for-your-best-life.com)

Email: [bestlifecoachcathy@gmail.com](mailto:bestlifecoachcathy@gmail.com)



## Janet Wharton

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Helping single women find love — I was a 49 year-old bride. I believe we can find the love of our life as we learn to find joy on our own.

Email: [janetwharton@sbcglobal.net](mailto:janetwharton@sbcglobal.net)



## Heidi Lakenan

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Life Coach and Energy Practitioner — As a professionally certified life coach and energy practitioner, I help women of faith live up to their God-given potential by becoming their own life coach.

Website: [heidilakenan.com](http://heidilakenan.com)

Instagram: [heidilakenan](https://www.instagram.com/heidilakenan)

Email: [support@heidilakenan.com](mailto:support@heidilakenan.com)



## Heidi Mark

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Navigating Challenging Relationships with Confidence — You know the relationship I'm talking about - let's get it fixed. Including your relationship with yourself.

Website: [heidimarkcoaching.com](http://heidimarkcoaching.com)

Instagram: [heidimarkcoaching](https://www.instagram.com/heidimarkcoaching)

Facebook: [heidimarkcoaching](https://www.facebook.com/heidimarkcoaching)



## Jody Long

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Life Coaching for Women — Specializing in women with ADD, ADHD, or who consider themselves to have an extra busy brain. I help women unlearn harmful conditioning and rebuild upon a firm foundation of tools, truth, and application. I teach simple, easy to apply methods that take you from where you are now to where you want to be.

Website: [jodylong.com](http://jodylong.com)

Instagram: [jodylongcoaching](https://www.instagram.com/jodylongcoaching)

Email: [jody@jodylong.com](mailto:jody@jodylong.com)



## Danna Junck

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End overwhelm — I help Christian women get the lives they pray for!

Website: [dannajunck.com](http://dannajunck.com)

Instagram: [dannajunck](https://www.instagram.com/dannajunck)



## Megan Green

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Life and weight loss coach — I help women lose weight without over-exercising. The outdated 'calories in/calories out' formula trapped many of us on a never-ending hamster wheel, leaving us trapped, hungry, and still unable to lose those last few pounds. I help my clients hop off that wheel, lose the weight, and get their life back.

Website: [hopoffthewheel.com](http://hopoffthewheel.com)

Instagram: [mg.pilateslove](https://www.instagram.com/mg.pilateslove)



## Kyla Beecroft

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Purpose Coaching — As a member of The Church, you know that you have a unique purpose, but did you know that finding it isn't hard or daunting? I make finding your specific purpose easy and fun. Are you ready to see how amazing you already are, make confident decisions, and live a life that lights you up? You were born for this!

Website: [kylabeecroftcoaching.com](http://kylabeecroftcoaching.com)

Instagram: [kyla\\_beecroft\\_](https://www.instagram.com/kyla_beecroft_)

Email: [kylabeecroftcoaching@gmail.com](mailto:kylabeecroftcoaching@gmail.com)



## Brooke Oniki

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I help women create the life they want as their kids leave home. Taking ownership of your own feelings and choices and honoring the choices of others creates space to build the life you want to live.

Website: [brookeoniki.com](http://brookeoniki.com)

Email: [brookeoniki@gmail.com](mailto:brookeoniki@gmail.com)



## Amber Haider

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General Life Coaching— I help you improve your relationship with yourself, your life, and your people.

Website: [amberhaider.com](http://amberhaider.com)

Instagram: [amber\\_h8r](https://www.instagram.com/amber_h8r)

Email: [amber@amberhaider.com](mailto:amber@amberhaider.com)



## Monica Myers PA-C, MS

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Burnout Recovery and Reclaiming Balance for Healthcare Professionals — My clients will learn the key steps to defeat burnout, restore the balance of work and home life, and become self-advocates to ensure your own needs are met in order to thrive as a healthcare professional, spouse, parent, and friend.

Website: [lifesaverlifecoaching.com](http://lifesaverlifecoaching.com)

Facebook: [lifesaverlifecoaching](https://www.facebook.com/lifesaverlifecoaching)

Email: [lifesaverlifecoaching@gmail.com](mailto:lifesaverlifecoaching@gmail.com)



## Amy Koch

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Anxiety/Confidence Coach for Teens & Adults — I specialize in helping teens, young adults, and parents navigate the anxiety that often accompanies this stage of life and deliver the tools that build confidence through this process. I will help you find true, lasting confidence.

Website: [findyourmind.com](http://findyourmind.com)

Instagram: [amykoch.findyourmind](https://www.instagram.com/amykoch.findyourmind)

Email: [amy@findyourmind.com](mailto:amy@findyourmind.com)



## Heather Frazier

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The coach for parents of teens and tweens- It's not uncommon for our kids to yell, "I hate you!" ...and sometimes we don't like them a ton, either. It doesn't have to be this way. I help my clients create an ideal relationship with their teens and tweens.

Website: [heatherfrazier.com](http://heatherfrazier.com)

Instagram: [heatherfraziercoaching](https://www.instagram.com/heatherfraziercoaching)

Email: [heather@heatherfrazier.com](mailto:heather@heatherfrazier.com)



## Deb Winward

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Weight Loss for Mid Life Moms — I help moms in their 40's achieve and maintain their natural body weight for life.

Instagram: [debwinwardcoaching](https://www.instagram.com/debwinwardcoaching)

Email: [winward.deb@gmail.com](mailto:winward.deb@gmail.com)



## Kendra Harvey

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The Life Coach for the Doctor's Wife — Being married to a doctor isn't easy but, it doesn't have to be hard! I help women stop hiding behind their partner's white coat and start focusing on their most important relationship - the one they have with themselves.

Website: [itgetsbetternow.com](http://itgetsbetternow.com)

Instagram: [kendra\\_itgetsbetternow](https://www.instagram.com/kendra_itgetsbetternow)

Facebook: [@itgetsbetternow](https://www.facebook.com/itgetsbetternow)



## Marinda Tervo

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Happiness Coach for Moms — If you're not happy, it's NOT because you need to be more thankful, that you should get out more, or that you just need to DO something. Genuine happiness will come easy, and you'll be able to show up as the mom you always wanted to be.

Website: [thisbuffalolife.com](http://thisbuffalolife.com)

Instagram: [thisbuffalolife](https://www.instagram.com/thisbuffalolife)

Email: [mar@thisbuffalolife.com](mailto:mar@thisbuffalolife.com)





## LeAnn Austin

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Loving Yourself Coach — Do you criticize yourself? Do you say things you would never say to your family, friend, or even your dog? You are an expert at loving others, I'll help you become an expert at loving yourself.

Website: [leannaustin.com](http://leannaustin.com)

Instagram: [leannaustincoaching](https://www.instagram.com/leannaustincoaching)

Email: [leannaustincoaching@gmail.com](mailto:leannaustincoaching@gmail.com)



## Emily Wardrop

---

Drop the War Peaceful Parenting Life Coach — I help Moms of young children drop the power struggle war with their littles to find peace in their parenting and love being a Mom!

Website: [dropthewarlifecoach.com](http://dropthewarlifecoach.com)

Instagram: [dropthewarlifecoach](https://www.instagram.com/dropthewarlifecoach)

Facebook: [Drop The War Life Coach](https://www.facebook.com/DropTheWarLifeCoach)



## Kathie Nielsen

---

Women — Becoming Emotionally Irresistible. Practical coaching focused on women creating stronger emotional health and wellness as you tackle the challenges of life!

Website: [knielsencoaching.com](http://knielsencoaching.com)

Instagram: [Kathienielencoaching](https://www.instagram.com/Kathienielencoaching)

Facebook: [Kathie Nielsen Life Coaching + Consulting](https://www.facebook.com/KathieNielsenLifeCoaching+Consulting)



## Shaina DeFichy

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Holistic Mindset Coach — Using a holistic approach, I help highly sensitive women overcome their anxiety, shame, and self-doubt so they can move forward and create their soul-aligned life.

Website: [shainadefichycoaching.com](http://shainadefichycoaching.com)

Instagram: [lifecoachshaina](https://www.instagram.com/lifecoachshaina)

Facebook: [@Shaina DeFichy Coaching](https://www.facebook.com/@ShainaDeFichyCoaching)



## Sara Brewer

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Quit Viewing Pornography — Train your brain out of a porn habit 100% shame-free and sex-positive.

Website: [sarabrewer.com](http://sarabrewer.com)

Instagram: [sarabrewercoaching](https://www.instagram.com/sarabrewercoaching)

Podcast: [Overcome Pornography For Good](#)



## Kate Pratt

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Coaching for Women Married to Busy Physicians — I teach women married to busy physicians how to stop putting life on hold and start embracing the "one woman show".

Website: [kateprattcoaching.com](http://kateprattcoaching.com)

Instagram: [kateprattcoaching](https://www.instagram.com/kateprattcoaching)



## Crystal Ferrel

---

Debt & Personal Finance Coach — I will help you gain control of your spending and get out of debt - without any penny pinching! - so you can finally let go of the shame and stress around your finances. As a retired CPA and Certified Life Coach I have the unique ability to help you with both the financial knowledge and the coaching necessary to help you achieve your money goals.

Website: [crystalmakesyoumoney.com](http://crystalmakesyoumoney.com)

Instagram: [crystalmakesyoumoney](https://www.instagram.com/crystalmakesyoumoney)

Email: [Crystal@CrystalMakesYouMoney.com](mailto:Crystal@CrystalMakesYouMoney.com)



## Nancy Hauschildt

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Life, Leadership and Personal Development Coach — I coach high-achieving introverted women stop hiding their brilliance, authentically upgrade their leadership presence, increase their influence, visibility, & speak up with confidence and authority.

Website: [nanhaus.com](http://nanhaus.com)



## Joey Mascio

---

Teen & Young Adult Coach — I coach high school and college students on how to stop letting self-doubt, stress, and procrastination suck all the fun out of being successful.

Website: [firmlyfounded.com/joey](https://firmlyfounded.com/joey)

Instagram: [joey\\_firmlyfoundedcoaching](https://www.instagram.com/joey_firmlyfoundedcoaching)

Podcast: [Secrets for an Awesome Life](#)



## Jessica Rydalch

---

Lifting the Lifters — I help women of all ages optimize their mental, physical, and spiritual health. I help you put an end to the overwhelm and eat the way you want to eat so you can reconnect with your mind, body, and spirit.

Website: [liftingthelifters.com](https://liftingthelifters.com)

Instagram: [lifting.the.lifters](https://www.instagram.com/lifting.the.lifters)

Email: [jesser@liftingthelifters.com](mailto:jesser@liftingthelifters.com)



## Kami Satterlee

---

Personal Coach — I specialize in all things relationships.

Instagram: [the\\_relationships\\_coach](https://www.instagram.com/the_relationships_coach)



## Laura Kalister

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Laura was certified by The Life Coach School in 2014 and specializes in helping women create habits that they can actually stick to.

Email: [laura@laurakalister.com](mailto:laura@laurakalister.com)

Instagram: [laurakalistercoaching](https://www.instagram.com/laurakalistercoaching)



## Christine Cook

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I help LDS Women who are questioning their beliefs but want to stay. I help them go from surviving their faith journey to thriving.

Website: [christinecooklifecoaching.com](http://christinecooklifecoaching.com)

Instagram: [christinecooklifecoaching](https://www.instagram.com/christinecooklifecoaching)

Podcast: [Surviving to Thriving on your LDS Faith Journey](#)



## Candice Toone

---

I help women stop wondering if they married the wrong guy and start trusting their choices again.

Website: [candicetoone.com](http://candicetoone.com)

Instagram: [candicetoonecoaching](https://www.instagram.com/candicetoonecoaching)

Facebook: [candicetoonecoaching](https://www.facebook.com/candicetoonecoaching)