



## **Bio**

### **Jillian Avey, ACC, MBA** **Performance and Executive Coach**

Jillian Avey helps women leaders master their current roles so they can reach the next level in their careers. She helps clients build their leadership skills and break the habits that aren't serving them to increase their success and pave the way for promotion.

As a former marketing executive, Jillian has experienced the challenges women face personally. She has worked in male-dominated fields such as sporting goods, footwear, and military suppliers, ultimately achieving the level of Vice President. After 25 years, she left the corporate world to serve others and teach what she had learned that led to her success as a coaching manager.

After studying coaching at the International Coaching Institute, Jillian earned her ACC certification with the International Coaching Federation (ICF). She is currently finishing certification in Conversational Intelligence. She also received her MBA from Columbia Business School with Dean's List honors.

Jillian believes that everyone has talents they haven't yet fully realized. She is inspired to help her clients find deep fulfillment in their careers both personally and financially. She is described by those who have worked with her as intuitive, curious and authentic. Her approach is grounded in research, applied behavioral science and her own personal experience.

#### Education:

MBA, Columbia University (Strategy focus)

International Coaching Institute

Conversational Intelligence with Judith Glaser (CiQ)