



MINX BOREN MCC

MASTER CERTIFIED COACH

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ON THE WEB AT: www.CoachMinx.com www.EmpowerParties.com

Minx Boren is the founder and Chief Encouragement Officer of Coach Minx Inc. and a founding coach of Empower Parties LLC. Since 1984, Minx has been designing, developing, and facilitating innovative programs that support health and balance, creativity and effectiveness, reflection and achievement. This work, which is tailored to individuals seeking support in times of challenge, transition, and opportunity, is delivered in business, government, and not-for-profit settings as well as customized for groups, spas & wellness centers, workshops, conferences & conventions.

Areas of Expertise:

- Leadership coaching/development
- Emotional Intelligence
- Appreciative Inquiry
- Time Management
- Career & Life Transitions
- Values Based Collaboration & Accountability
- HealthWise Living / /Handling Health Challenges
- Journal writing as a tool for self-discovery

Client Types:

- Entrepreneurs
- Individuals dealing with change or disruption / going through transitions
- Individuals with health challenges
- Business Managers, Executives
- Attorneys

Industry Experience:

- Communications Government
- Not-for-Profit Service

Representative Clients:

- AT&T
- Clerk & Comptroller's Office, Palm Beach County
- Dept. of Transportation, Palm Beach County
- Family & Victims Services Center, Miami, FL
- Legal Aid Society, Palm Beach County
- Magellan Group
- Palm Beach State College
- SunTrust Bank
- YWCA PB County Board of Directors

Author / Writer:

- 4 Books of Poetry
- 8 Books for Women
- The CalendHER System ®
- Author: *Healing is a Journey 2014* and *Friendship Is a Journey 2016* for Blue Mountain Arts
- Author: *Growing (B)older with Gratitude, Gusto, Grit, and Grace 2018*, PathBinder Publishing
- Writer and Columnist: including *Vive Magazine – What Matters and What Counts*; *MoxyWoman.com – INvitation to Self*, *CleanandLeanRevolution.com – Balancing Point*

Education:

- BA, University of Pennsylvania
- Graduate Studies, French Lit., New York University
- Health & Nutrition Programs: Natural Gourmet and Gary Null, NYC
- Certified Coach Training Program at Coach U
- Advanced Coach Trainings: Newfield Network, Conversation Among Masters, others

Certifications:

- Credentialed Master Certified Coach
- Emotional Intelligence Coach
- Appreciative Inquiry Coach
- Authentic Happiness Coaching
- Art of Convening Facilitator and Instructor
- Too Young to Retire Coach
- MBTI and PRINT Assessments

Professional Affiliations:

- Executive Women of the Palm Beaches/President 2013/14
- International Coach Federation (ICF)
- FAU- LLS - Adjunct Professor
- Leadership Palm Beach County – Class of 2013
- Continental Who's Who – Pinnacle Professional Lifetime Member
- Nat'l Assoc. of Professional Women – VIP Member
- Women's Foundation of PB Cty, BoD 2007-present

Brief Customized Presentations – Clients include:

- ADL – World of Difference
- Asset Advisory Services
- The Breakers Resort and Spa
- Congress of Aesthetics
- Florida Association of Women Lawyers
- Governor's Club, West Palm Beach
- ISPA Association Conference
- Kaffee Spa
- Morse Geriatric Group
- PGA Resort and Spa
- Vive Magazine International Symposiums (3)
- Women's Professional Business Forum
- 92nd Street Y, NYC

For Sampling of Topics, see website