

## **Kathleen Quinton – Life Coach**

Kathleen Quinton is a Certified Life Coach who works one-on-one with clients, teaches workshops on self-empowerment and positive mindset, and is a coach/mentor of other coaches in her field.

Kathy states her life's purpose as helping people find and use their own amazing gifts to bring about their wellbeing, fulfillment, and success. She believes that happiness resides in what we think about and how we pursue our personal and professional goals, and she loves sharing her own *Aha's* in life through stories and processes.

As the author of *Strength Becomes You, Doubt to Confidence: Create Your Desired Life* and its supplemental workbook, Kathy focuses on how we can proactively shift our thinking from negative to positive as we work to create a fulfilled life.

In addition, Kathy has published the *Strength Becomes You Teen Journal* which is adapted from the adult book and workbook concepts to promote confidence-building in teens and young adults.

Combining her love of children's literature and her actual experience with bookmobiles, Kathy has also authored the three-book *Quint the Bookmobile* series about a lovable bookmobile that comes to life to help children discover mindfulness and the joy of reading. Kathy firmly believes that the keys to knowledge should be available to all, no matter where they live.

Kathy currently lives in Massachusetts with her husband. She is a mother of three and grandmother of six. She loves cooking, gardening, traveling (especially to the ocean), reading, spending time with her family, and cuddling with her cat, Moxie.

**Areas of expertise:** Life Coaching | Empowerment Coaching | Finding Purpose | Building Self-Belief

**Credentials:** Strategic Intervention Coaching | Robbins/Madanes Training | Quantum Success Coaching Academy