



# Friends of DU Coaches



## Maureen Breeze

(Claremont McKenna College: B.A. International Management) has worked as an executive coach, trainer and facilitator for businesses and higher education institutions for nearly 20 years. She is a Principal at Cultivage Consulting and Training where she works with both individual clients and organizations, and is the Co-founder of Retreat Reinvent Recharge, a coaching program for professional women exploring career transitions.

A certified executive coach through the International Coaching Federation, Maureen is the co-author of two books on leadership and creative thinking and is licensed to coach and train using the ISEI's Social and Emotional Intelligence Profile, the Myers Briggs Type Indicator assessment, the Leadership Multi-Rater Assessment of Personality tool and the S-Curve of Learning diagnostic.

**Expertise:** Career transitions, leadership, emotional/social intelligence for professionals from a wide range of industries including technology, manufacturing, real estate development, start-ups, and non-profits

**Coaching Methods:** Virtual, in-person, individual, women's groups

**Location:** Denver, CO

**Contact:** [maureenbreeze@cultivage.com](mailto:maureenbreeze@cultivage.com);  
(303) 912-0271; [cultivage.com](http://cultivage.com);  
[retreatreinventrecharge.com](http://retreatreinventrecharge.com);  
<https://www.linkedin.com/in/maureen-breeze-99b4a046>



## Kacey Cardin

ACCC, PCC (University of Tennessee: M.M.; Vanderbilt University: B.M., Accomplishment Coaching) is an Executive and Leadership Coach and leadership development consultant, facilitator, and trainer. A Professional Certified Coach, Kacey served for 4 years as a Mentor Coach and Program Leader in Training with Accomplishment Coaching.

Kacey is skilled at the art of cutting through peoples' exteriors, straight to the heart of who they most truly long to be. She specializes in working with high-achievers creating their next level of leadership, expression, and integration, especially those who struggle with Imposter Syndrome and the "Not Enoughs". She brings authentic communication, warmth, presence, intuitive understanding of human behavior, and a straightforward, down to earth approach to soul-level transformation. Kacey created the Energetic Intelligence leadership framework, and also trains coaches and leaders who want to add the 7 Wheels of Leadership to their resources.

**Expertise:** Leadership development, executive presence, presentation, communication, relationship coaching, energetic intelligence, team building, future vision enhancement, work/life balance, overwhelm and burnout prevention, integrative leadership and creative expression for leaders and entrepreneurs.

**Coaching Methods:** Virtual, in-person, individual, organizational, couples, groups

**Location:** New York City and Nashville, TN

**Contact:** [team@kaceycardincoaching.com](mailto:team@kaceycardincoaching.com);  
(615) 364-0625;  
[www.kaceycardincoaching.com](http://www.kaceycardincoaching.com);  
<https://www.linkedin.com/in/kaceycardincoach>



## Chris Castillo

(Loyola Marymount University: B.S.B.A.). Originally coming from the corporate advertising industry, Chris ultimately created her company, Empowered Achievers, when she realized her deepest calling was to help other millennial women find their calling as well, and transition into a life of fulfillment doing work that they love. She's passionate about getting rid of the "Sunday Scaries" for each of her clients, so they can look forward to Mondays again.

A certified CTA coach and MBTI practitioner, Chris works with clients through her custom coaching programs and self-study courses, where she helps them to find their path to passion, making career transitions and starting small businesses that fulfill their purpose. She is a thought-leader and was voted one of the Best Millennial Career Experts by PeopleMaven.

**Expertise:** Mid-level millennial women, career transitions and career curious

**Coaching Methods:** Virtual, individual, limited small groups

**Location:** Denver, CO

**Contact:**

Chris@BeEmpoweredAchievers.com;  
(650) 387-9720;  
beempoweredachievers.com;  
linkedin.com/in/chrisdcastillo



## Aimee Cohen

(University of Michigan: B.A. Political Science). For more than 20 years, and with a nearly 100% success rate, Aimee has empowered women (and men) to pull on their "big-girl panties" and take control of their careers. As an ICF certified executive coach and professional growth expert, she has partnered with hundreds of organizations and individual clients for career management coaching, transition training, and leadership and professional development.

As founder of Woman UP! and co-founder of ON Point Next Level Leadership, Aimee has been described as a career dream-maker who takes a proactive and strategic approach to accomplishing goals, guiding business professionals in how to create lifelong, fulfilling and successful careers. Aimee is also certified in EQi 2.0 Emotional Intelligence and the Hardiness Resilience Gauge.

**Expertise:** Leadership, executive and career transition for mid-level professionals and above

**Coaching Methods:** Virtual, in-person, individual, groups

**Location:** Denver, CO

**Contact:** aimee@womanuppower.com;  
(303) 601.6759;  
<https://www.linkedin.com/in/aimeecohen/>;  
<https://womanuppower.com/>



## Hallie Crawford

CPCC (University of Illinois at Chicago: M.A. Communication; Vanderbilt University: B.S. Communication) is a certified career coach, speaker and author whose coaching company, Create Your Career Path, helps professionals find their career direction, secure, and succeed in their dream job. Her team of coaches work with mid-career professionals and has helped thousands of people nationwide achieve their career goals.

Hallie and her coaches are passionate about helping others because they took the same journey to find their own satisfying careers. They know firsthand the challenges that arise during career transition and using their trademarked "Ideal Career Model" and highly regarded workbook, have practical solutions to make the process successful. Hallie and her team live by the motto, "The greatest risk in life is not taking one."

**Expertise:** Career direction, career planning, improving work performance for all levels of professionals

**Coaching Methods:** Virtual, in-person, individual, group

**Location:** Atlanta, GA

**Contact:** hallie@halliecrawford.com;  
(404) 228-6434; [www.halliecrawford.com](http://www.halliecrawford.com);  
[www.linkedin.com/in/halliecrawford](http://www.linkedin.com/in/halliecrawford)



## Andrew Gupton

(University of Colorado: B.A. Film Studies) is a dedicated Career Coach, passionate about helping people transition into careers of their dreams. He has a background in talent acquisition/recruiting, working for a global manufacturing organization as a Corporate Recruiter and in a high-volume staffing environment. After 4 years of recruiting, Andrew transitioned to a career in higher education career services, where he has served students across a variety of technical disciplines. Outside of career coaching, Andrew enjoys traveling the country with his fiancé and Portuguese Water Dog, spending time in the mountains, playing golf, and catching live music whenever possible.

**Expertise:** Career transitions and exploration, recent grads in all areas, design professionals

**Coaching Methods:** Virtual, in-person, individual

**Location:** Burlingame, CA

**Contact:** andrew.j.gupton@gmail.com; (303) 875-6751; <http://www.rosecareerconsulting.com>; [linkedin.com/in/andrew-gupton](https://www.linkedin.com/in/andrew-gupton)



## Emma Luttrell

(University of Tennessee, Knoxville: M.S Social Work, B.S. Social Work) is a highly experienced counselor and coach who understands the struggles of identifying career direction, conducting an effective job search, and strategic career planning because she has worked with clients all over the country at all levels, and... has been there herself.

Emma combines her therapy background, her compassionate yet driven coaching style, and her understanding of working alongside and guiding others to provide outstanding coaching results. Emma's coaching style is creative and client-centered. Her coaching process is strengths based. She reviews client's self-identified strengths first, to help them determine the steps they need to take to achieve their career aspirations. She also helps her clients address potential barriers and provides them with creative solutions to overcome those obstacles.

**Expertise:** Career transitions, those re-entering the workforce, job search and career planning for creatives, entrepreneurs, and those in the non-profit and mental health sectors.

**Coaching Methods:** Virtual, in-person and individual

**Location:** Knoxville, TN

**Contact:** emmal@halliecrawford.com, (540) 247-1245, [www.halliecrawford.com](http://www.halliecrawford.com); <https://www.linkedin.com/in/emma-luttrell-b52696162>



## Gregg Vanourek

(Yale School of Management: M.B.A; London School of Economics and Political Science: M.Sc. Comparative Government; Claremont McKenna College: B.A. Politics, Philosophy, Economics) is a high-impact executive, leadership developer, and award-winning author training, teaching, coaching, and speaking internationally on leadership, entrepreneurship, and life design. Gregg has been a senior executive in market-leading startups and is co-author of three influential books, including Triple Crown Leadership and LIFE Entrepreneurs.

Gregg runs Gregg Vanourek LLC, a training and coaching venture and teaches executive leadership programs. He serves as adjunct faculty at the University of Denver and Stockholm Business School Executive MBA program.

**Expertise:** Life and work design, career change, leadership, entrepreneurship, career transitions and exploration for early and mid-level professionals

**Coaching Methods:** Virtual, in-person, individual

**Location:** Lakewood, CO

**Contact:** [gregg@greggvanourek.com](mailto:gregg@greggvanourek.com); (720) 526-4076; [www.greggvanourek.com](http://www.greggvanourek.com); <https://www.linkedin.com/in/greggvanourek-5347b11>



## Kendra Prospero

(Colorado State University: B.S. Computer Information Systems) started Turning the Corner, LLC after realizing she was spending all her time thinking about how she could help people be more fulfilled in their jobs. She has helped many people land great positions in fields they are passionate about and are thriving in.

With her diverse background, Kendra has a deep understanding of the different types of jobs and personalities that are out there and what makes that perfect fit. Kendra has a sixth sense about what makes people special from mentoring hundreds of new employees over 13 years at IBM. She has a real gift for looking beyond outward appearances to identify people's unique talents.

**Expertise:** Executive and career coaching for mid- to upper-level professionals and entrepreneurs

**Coaching Methods:** Virtual, in-person, individual, groups

**Location:** Boulder, CO

**Contact:** [kendra@turningthecornerllc.com](mailto:kendra@turningthecornerllc.com); (720) 446-8876; [turningthecornerllc.com](http://turningthecornerllc.com); <https://www.linkedin.com/in/kendraprospero>



## Ginger Robitaille

(Wayne State College: B.S. Finance) has a strong background in Staffing and Operations. She also specializes in helping job seekers through career coaching and resume writing to assist them through their career self-discovery and job search processes.

When Ginger is not helping build great teams, she is climbing mountains (literally). She loves spending time outdoors with her husband and dogs enjoying everything the mountains of Colorado and Wyoming have to offer. Hiking, fishing, and camping is how she spends her summers. In the fall you will find her analyzing data and making her football fantasy team the best in the league, let's hear it, three cheers for team Turbo Tux!

**Expertise:** Career coaching, including self-discovery, job search and resume writing for professionals at all levels

**Coaching Methods:** Virtual, in-person, individual, groups

**Location:** Boulder, CO

**Contact:** [ginger@turningthecornerllc.com](mailto:ginger@turningthecornerllc.com); (720) 446-8876; [turningthecornerllc.com](http://turningthecornerllc.com); <https://www.linkedin.com/in/gingerrobitaille>



## Kimberly Spikes

(Regis University: M.S. Organizational Leadership; University of Phoenix: B.S. Business Management) loves to help job seekers position themselves for their dream job by working with them to craft their personal branding message, write a resume and cover letter that get results, or strengthen their LinkedIn presence to attract recruiters. She's also experienced with helping job seekers uncover their passions, values, and non-negotiables at work to help them identify career path options when they want to make a change.

With a solid background in HR and Operations, including depth of experience in recruiting, Kimberly brings a strong ability to identify skill and talent matches for many types of roles and companies. Kimberly loves spending time with her family playing games and watching movies. She also enjoys jogging, traveling, and hiking. But first, coffee!

**Expertise:** Personal branding, career transition and exploration for professionals at all levels

**Coaching Methods:** Virtual, in-person, individual, groups

**Location:** Boulder, CO

**Contact:** [kimberly@turningthecornerllc.com](mailto:kimberly@turningthecornerllc.com); (720) 446-8876; [turningthecornerllc.com](http://turningthecornerllc.com); <https://www.linkedin.com/in/kimberlyspikes>



## Jen Thurman

(University of Colorado at Boulder: M.A. English Literature; B.A. Environmental Studies) works with high-performing professionals who want to increase their leadership skills, create balance in their lives and elevate their impact in the world. With two decades of experience on corporate leadership teams, Jen knows how tricky it is to break out of the “it’s worked so far” mindset of professional development. In her search for a new way of thinking and succeeding in business, Jen became an expert in Core Energy Leadership® – which provides a creative, asymmetrical way of transforming problems into opportunities.

With an innate gift for simplifying the complex, Jen adapts quickly to the nuances of individual circumstances. She partners with her clients to transcend the confines of those circumstances and gain a fuller awareness of their purpose, values, and gifts and uncover and shift the internal blocks that are holding them back so they can approach work, relationships, and wellbeing in a new way.

**Expertise:** Executive, leadership, career, transition, emotional intelligence, energy leadership, team effectiveness, leadership development, facilitation for all levels of professionals

**Coaching Methods:** Virtual, in-person, individual, workshops

**Location:** Denver, CO

**Contact:** [jen@jenthurman.com](mailto:jen@jenthurman.com);  
(303) 408-4201; [www.jenthurman.com](http://www.jenthurman.com);  
<https://www.linkedin.com/in/jenthurman/>