

COACH: LIFE & PERFORMANCE

Coaching for Individual, Relationship or Spiritual Success and Significance

CHARMAINE M. JENNINGS, Ed.S.

SUMMARY:

A 20+ year leader in helping children and adults alike accomplish their performance goals. Charmaine has integrated her love of fine arts into her career as an educator. As a result she has partnered and facilitated latin dance classes, performance arts, fashion shows and other competition/expression events in order to empower the community with the confidence of public speaking, performance, modeling and other fine arts expression and experiences.

As a certified professional life coach, Charmaine enjoys helping others unlock their keys to their own success. Her arts integrated approach to goal-setting, planning and execution leads others towards self-awareness, identity and self actualization. Exceptional 1:1 coaching, relationship and spiritual counseling are key components needed for holistic health and wellness.



Charmaine Jennings, Ed.S.

EXPERIENCE & AFFILIATIONS:

Folsom Elementary, Tampa Hispanic Heritage, Inc., Sligh Middle School African Step Team and Club Cultura Dance Team, Latin Heat Dance Fitness Cardio, Memorial Middle School Talent Show, Heard Em Say Youth Arts Collective, The Centre 4 Girls, Orange County Life Coaching Institute, International Coaching Federation, BRYCG Christian Center Youth Leader

ORGANIZATIONS



IMPACT

1:1 COACHING

- ❑ **2017-2019**
 - ❑ Coaching for Coaches training
 - ❑ Career goals and vision boards
- ❑ **2015-2018**
 - ❑ “Finding Your Voice” session
 - ❑ “Masterpiece” session

RELATIONSHIP COACHING

- ❑ **2015-2020**
 - ❑ “Chosen 365” Fine Arts Event
 - ❑ “Friendship” Session
 - ❑ “Thirsty” Session
 - ❑ Think Twice As Silence Speaks: (Autism) at Family Cafe Conference

SPIRITUAL COACHING

- ❑ **2019-** Marriage Counseling
- ❑ **2015-2018-** Girls Youth Conference (St. John Missionary Baptist Church, Bradenton, FL)
- ❑ **2004-2007-** BRYCG Youth Group

PERFORMANCE COACHING & JUDGING

- ❑ **2020-** 4 Grade Tropicana Speech
- ❑ **2020-** Heritage Community Center Oratorical Competition
- ❑ **2018-** THHI Cultural Ambassador
- ❑ **2017-** THHI Cultural Ambassador
- ❑ **2016-** THHI Cultural Ambassador
- ❑ **2015-** THHI Cultural Ambassador
- ❑ **2015-2018-** Youth Conference
- ❑ **2013-** Heard Em Say BNV Team
- ❑ **2013-** Memorial Middle School Talent/Fashion Show
- ❑ **2006-2009-** BRYCG Christian Center Youth Group
- ❑ **2006-** Latin Heat Cardio Fitness
- ❑ **2000-2003** Sligh Phi Sligh Step Team

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SERVICES:

You want to live your best life and enhance your self-awareness, identity and actualization. You know just what you want, but need support writing the vision to make it plain and achievable. How you treat yourself is often a reflection of your friendships, familial and romantic relationships, and now you are ready to see each of them grow. Growth is key!

Arts Integrated...

- ❑ custom designed coaching programs
- ❑ face-to-face and/or virtual sessions
- ❑ organizational or individual coaching for individuals, relationships and spiritual goals
- ❑ coaching plans, experiences and task to conquer success and significance

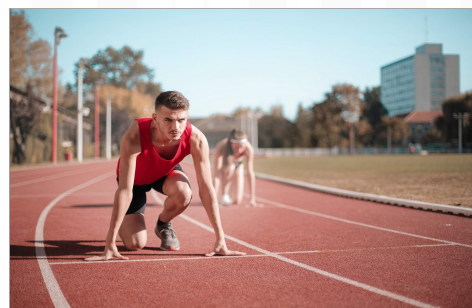
1:1 COACHING PLANS & SIGNATURE PROGRAMS
include but are not limited to...



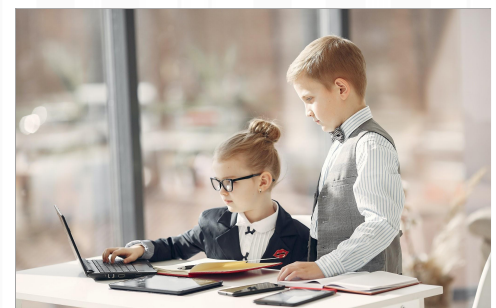
WILL



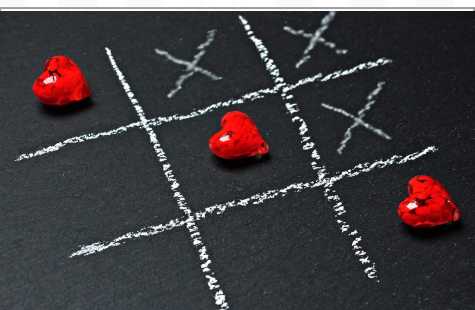
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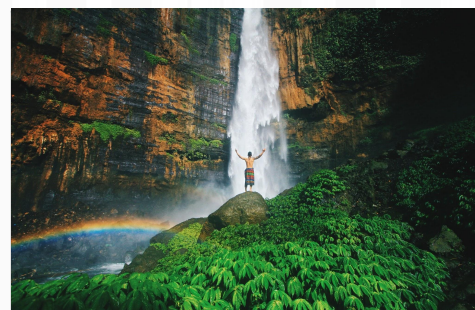
READINESS



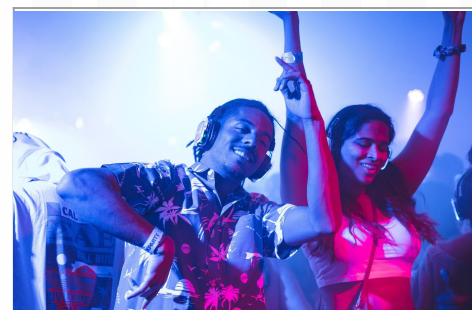
KNOWLEDGE



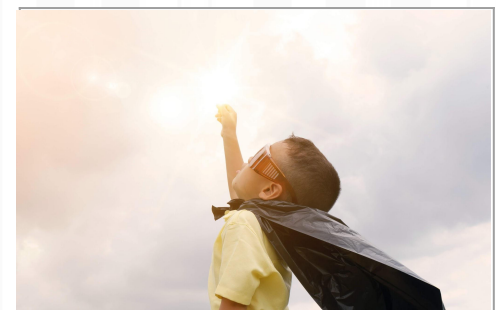
PASSIONS



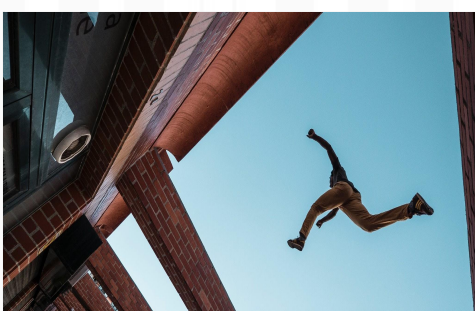
LOCATIONS



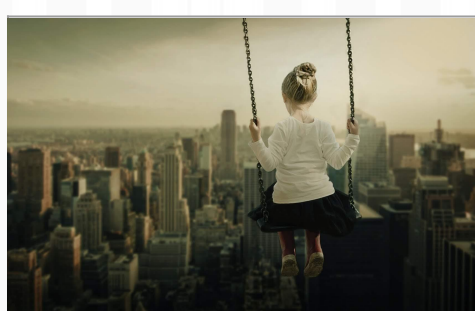
ACTIVITIES



YOUNG FOREVER



LEAP



IMPACT



VICTORIES



DESIGN

EXECUTE

RELATIONSHIP & SPIRITUAL COACHING PROGRAMS
include but are not limited to...



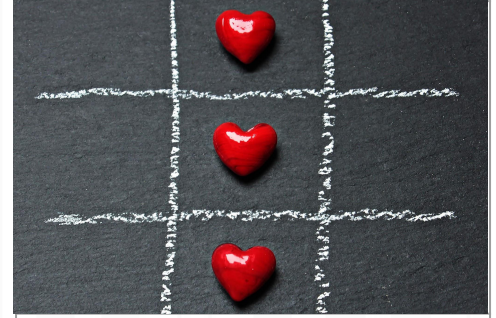
CALLED



CHALLENGED



CHANGED



HEART HEALTHY



OPEN MINDED



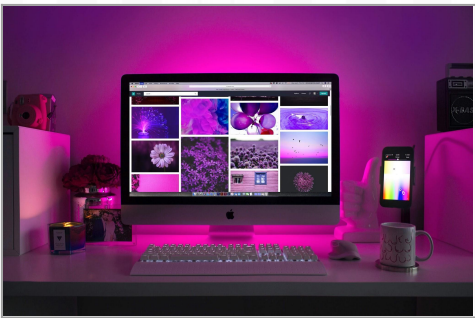
SACRIFICE



SURRENDER



**EVERYWHERE
MATTERS**



NEVER SAY NEVER

“
All relationships are always going to require a lot of work, but the best relationships are always the ones who make things work.
”

retrules.com



**LIVING NOT
EXISTING**



**INSIDE OUT &
OUTSIDE IN**



**FEARLESS NOT
FEARFUL**



EVERYDAY COUNTS



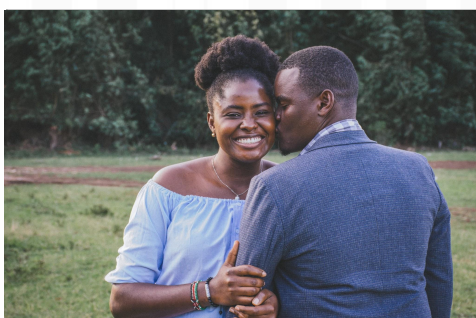
**CULTURE &
DIVERSITY**



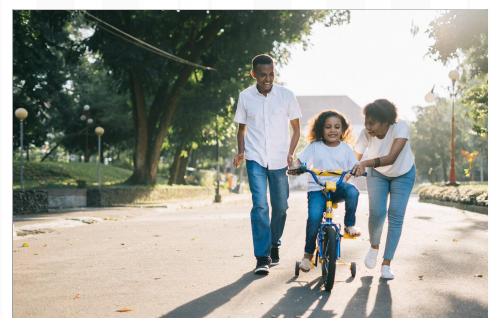
**FINANCIAL
RELATIONSHIP**



LOVE & MARRIAGE



SEX & INTIMACY



**Real-Time
Relationships**

