



Catholic Coaches

A Catholic Coach is someone trained to accompany individuals in personal and spiritual growth through an integrated approach rooted in Catholic teaching. Through personalized guidance or self-paced formation, coaching helps renew the mind and deepen one's identity in Christ.

*These Catholic Coaches do not accept insurance
Zoom-based online services*

Virginia Koch, PhD

- Certified Catholic Mindset Coach and Founder of Knots Untied Coaching
- I coach college students to overcome mental barriers to success (overwhelm, doubt, anxiety, imposter syndrome, loneliness, time management. etc.)
- virginia@knots-untied.com

Heidi Kennedy

- Certified Catholic Mindset Coach, CliftonStrengthfinder Accompaniment Certified, Founder of Heidi Kennedy Catholic Coaching LLC
- I help women overcome chronic pain, chronic illness, anxiety, and depression through mindset management & nervous system regulation.
- heidi@heidikennedy.co (not .com)

Jane Snyder

- Certified Catholic Mindset Coach, Billings Ovulation Method Instructor and Founder Wisdom Wellness Coaching, LLC
- A Catholic Womanhood Coach helping college women move from anxiety and overthinking to clarity, confidence, and peace in God's plan. I also teach and coach single women and couples to use and master the Billings Ovulation Method Natural Family Planning to achieve or postpone pregnancy according to Catholic Church Teaching.
- jane@wisdomwellnesscoaching.net

Nikki D'Souza

- Founder of Canadian Catholic Coach. Certified Catholic Coach
- I design exceptional Catholic coaching experiences that help women gain clarity, courage, and direction
- canadiancatholiccoach@gmail.com
- <https://linktr.ee/canadiancatholiccoach>

Dianna Gordon, Grace & Elevate Coaching

- Certified Catholic Mindset Coach - Identity and Purpose Coach Trained- CliftonStrengths34 Level II accompaniment coach certified by HFC
- I enjoy working with students to help them discover and understand their God-given talents and temperament so they can navigate college and beyond with more confidence, clarity, and purpose. I help students who feel overwhelmed gain the freedom to move forward when facing uncertainty in decisions, disappointment, relationship challenges, failure or perfectionism through faith-aligned strategies.
- -Using the CliftonStrengths framework, I help students apply their strengths to leadership development, major or vocational discernment, applications and interviews.
- -I also support parents through their student's college years — when invited by the student.
- Zelle payment/no insurance
- diannagordoncoaching@gmail.com