



LIFEWORKS

COACHING & DEVELOPMENT INSTITUTE



COACH INFORMATION SHEET

CASEY KIRKLAND, BA, MA

SHORT BIO

Casey is a structured, results-driven coach with a strong background in outdoor leadership, experiential education, and personal development. With nearly two decades of work in wilderness programs, youth leadership settings, and hands-on learning environments, he brings a practical, grounded approach to helping clients build confidence, direction, and purpose.

He works especially well with teenagers, high-school students, and young adults who benefit from clear expectations, active learning, and real-world skill building. Casey's coaching blends goal setting, accountability, communication skills, and experiential methods that help clients better understand themselves and apply what they learn in meaningful ways.

Clients describe him as steady, engaging, and straightforward. He creates a supportive structure where individuals can develop healthier habits, strengthen decision-making, and build the confidence needed to navigate challenges and move toward their personal and professional goals.

www.LifeWorksCDI.com

coach@LifeWorksCDI.com

(603) 556-4360

EDUCATION

Prescott College
Bachelor of Arts in Human Development with a minor in Experiential Therapy

Prescott College
Master of Arts in Counseling

COACHING SPECIFICS

- Life Transitions and Personal Direction
- Confidence and Self-Development
- Executive Functioning and Daily Structure
- Communication and Social Skill Building
- Goal Setting and Long-Term Planning
- Career Exploration and Academic Planning
- Young Adult and High-School Development
- Values Clarification and Personal Identity Work
- Routine Building and Accountability
- Experiential, and Applied Learning Approaches

AGES

- Young Adults
- Adults
- Elderly

POPULATIONS

- Individuals
- Groups

COACHING FRAMEWORKS

- Experiential and Outdoor-Based Coaching Models
- Action-Focused Coaching and Accountability
- Strengths-Based Personal Development
- Growth Mindset Coaching
- Values-Aligned Goal Setting
- Mindfulness-Informed Coaching Practices
- Reflective Insight and Applied Learning Techniques
- Interpersonal Effectiveness Approaches
- Purpose and Direction Coaching