



# LIFEWORKS

## COACHING & DEVELOPMENT INSTITUTE



### COACH INFORMATION SHEET

## MICHELE CHAPMAN, BS, MS

#### SHORT BIO

Michele is a warm, energetic coach who brings a practical and down-to-earth style to her work. She connects easily with people from all backgrounds and focuses on helping clients gain clarity, confidence, and direction in their lives. Her approach is active, collaborative, and centered on clear goals and steady progress.

She supports clients in navigating life transitions, strengthening decision-making, improving communication, and building healthier patterns in their daily routines. Michele's coaching draws on mindfulness skills, values clarification, problem-solving strategies, and accountability methods to help clients move forward with purpose. She works especially well with women, college students, and adults exploring new career paths or major life changes.

Clients describe her as approachable, direct, and highly relatable. She brings strong insight, practical structure, and a supportive presence to each session, helping people stay focused, grounded, and confident as they work toward their goals.

[www.LifeWorksCDI.com](http://www.LifeWorksCDI.com)

[coach@LifeWorksCDI.com](mailto:coach@LifeWorksCDI.com)

**(603) 556-4360**

#### EDUCATION

Granite State College

~ Bachelor of Science in Behavioral Science

Springfield College

~ Master of Science in Counseling

#### COACHING SPECIFICS

- Life Transitions and Direction Setting
- Career Exploration and Career Shifts
- Confidence and Self-Development
- Stress Navigation and Daily Balance
- Communication and Interpersonal Skills
- Building Supportive Routines and Habits
- Women's Personal Growth and Identity Work
- College and Early-Adult Development
- Problem-Solving and Practical Decision-Making
- Personal Organization and Goal Follow-Through

#### AGES

- Young Adults
- Adults
- Elderly

#### POPULATIONS

- Individuals

#### COACHING FRAMEWORKS

- Solution-Focused Coaching
- Accountability and Progress-Tracking Systems
- Mindfulness-Informed Coaching Practices
- Values Clarification and Purpose Work
- Growth Mindset Development
- Strengths-Based Personal Development
- Confidence Building Approaches
- Habit and Routine Optimization
- Reflective Practice and Insight-Building
- Practical Skills and Action-Planning Models