



LIFEWORKS

COACHING & DEVELOPMENT INSTITUTE



COACH INFORMATION SHEET

NICHOLE COOKE, BA, MSW

SHORT BIO

Nikki is a mindfulness-centered coach who helps people build steadiness, clarity, and direction in their personal and professional lives. Her style is calm and reflective, but also focused, structured, and goal-driven. She supports clients in slowing down enough to understand what they truly want—and then guides them in taking concrete, consistent steps to get there.

Her approach combines mindfulness, breath awareness, values alignment, emotional regulation skills, and practical accountability methods. She is direct when needed, helps clients stay on track with their goals, and challenges unhelpful patterns that get in the way of growth. Sessions with Nikki are active and forward-moving, centered on clear purpose and measurable progress.

Clients describe her as steady, approachable, and grounded. She welcomes cultural and spiritual beliefs into the process and brings a strong sense of presence to every session. She often reminds clients of a simple idea that guides her work: *“We are spiritual beings having a human experience.”* Her aim is to help people navigate that experience with more calm, intention, and personal effectiveness.

www.LifeWorksCDI.com

coach@LifeWorksCDI.com

(603) 556-4360

EDUCATION

Bachelor of Social Work

Long Island University

Masters of Clinical Social Work

University of South Florida

COACHING SPECIFICS

- Stress Navigation and Daily Balance
- Personal and Professional Clarity
- Confidence and Self-Trust Development
- Communication and Interpersonal Effectiveness
- Goal Setting and Follow-Through
- Emotional Steadiness and Mindfulness Practices
- Life Transitions and Identity Growth
- Purpose and Values Alignment

AGES

POPULATIONS

- | | |
|----------------|------------------|
| • Young Adults | • Individuals |
| • Adults | • Couples |
| • Elderly | • Group Coaching |

COACHING FRAMEWORKS

- Mindfulness-Centered Coaching
- Values-Aligned Goal Setting
- Accountability and Action Planning
- Growth Mindset Development
- Emotional Regulation Skill-Building
- Strengths-Based Personal Development
- Stress Navigation and Balance Strategies
- Pattern and Habit Restructuring
- Purpose and Clarity Coaching