



# KIM O'NEILL

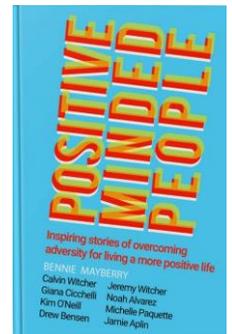
Speaker | Trainer | Coach | Author | Radio Host

*Inspiration from the heart.*

Kim O'Neill is a former Crime Analyst who now provides personal empowerment and interview confidence coaching for heart-centered professionals and youth (1:1 and groups). She's also the host of the "Every Day is a New Day Show," the inspirational interview show about moving forward and choosing to embrace a positive outlook. In 2017, she co-authored the Amazon bestselling book "Positive Minded People: Inspiring Stories of Overcoming Adversity for Living a More Positive Life."

As a coach, Kim often supports her clients in bridging the gap between head and heart, by helping them to make sense of the chaos in their head, so they can stand more confidently in their power. As they say a bigger "YES" to themselves,

Kim's clients cultivate a stronger internal foundation that supports them in rediscovering and reclaiming who they are so they can expand into a more confident, courageous version of themselves. Kim is certified as both an ICF Associate Certified Coach (ACC) and Law of Attraction (LOA) Coach, as well as a Reiki Master Practitioner, Spontaneous Transformation Practitioner and Infinite Possibilities Trainer. As an inspirational speaker, Kim aims to remind audiences the importance of knowing who they are; about the informational value of their emotions; and how to move forward when they don't know how. Kim's philanthropic work includes youth mentoring and empowerment workshops.



Amazon Bestseller

## POPULAR SPEAKING TOPICS

- ✓ **Every Day Can Be A New Day When You Know Who You Are** – When you operate from your inner truth, life becomes more meaningful and fun. I share insights from when I was a Crime Analyst and how they inspired me to finally take a leap of faith. **Value Add:** *Inspiration – Reminds people to check in with themselves on a deeper level and listen to what their body and emotions are telling them. Are they living deliberately or by default?*
- ✓ **Standing Confidently in Your Power, Regardless of the Chaos Around You** – Tips for empathic, heart-centered professionals to find more ease and effectiveness in being who they are amongst others who may lack energetic awareness. **Value Add:** *Information – Although your sensitivities might sometimes feel like a weakness, they can become a leadership strength when you know how to work with them.*
- ✓ **Limitations of Perfectionism** – Let me count the ways! The myth is perfection will get us far, when really it keeps us trapped. More acceptance of self will contribute to greater results in both our personal and professional lives. **Value Add:** *Freedom – Audiences will realize they're not alone. We all want to make a positive impression, but overdoing it really just limits us.*

## PRAISE

"She just fills the room with a beautiful, soft glow of love, joy, warmth and vibrant high energy with smiles and laughter!" – Monica R.

"She is non-judgmental which gave me the freedom to be me in our sessions – this is truly the best gift anyone can offer to me. I felt seen, heard and understood by her in all ways." – Adonica S.

## CONTACT

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