



Kim O'Neill, ACC

SPEAKER | TRAINER | AUTHOR | RADIO HOST

*Empowering you to be who you always knew you were.
Inspiration from the heart.*

Kim O'Neill is a speaker, trainer, author, empowerment coach and internet radio host. She speaks on the infinite possibilities every new day holds; how to move beyond life challenges; and how to confidently stand in your awesomeness with an open heart, limitless mind and grounded body. She often works with youth, jobseekers and adults who struggle to understand the value of who they innately are, guiding them to rediscover and reclaim their inner truth. Kim is both ICF certified and certified as a Law of Attraction Coach, and therefore takes a combined practical and metaphysical approach in her work. Her clients develop renewed self-confidence; increased positive self talk; the ability to see their past with fresh eyes and release old wounds; and learn how to say YES to themselves so they can experience more joy and fulfillment.

This empowers them to connect with their whole self so they have a stable foundation from which to spring forward. In 2017, Kim co-authored the first edition of Positive Minded People: Inspiring Stories of Overcoming Adversity for Living a More Positive Life. Kim is also a Reiki Master Practitioner, Infinite Possibilities Trainer, youth mentor and Host of the "Every Day is a New Day" show on BBSRadio.com.

Prior to coaching, Kim's professional background reflects her Jill-of-All-Trades nature: from Dental Assistant to Human Resources Coordinator, and Voiceover Artist to Crime Analyst (and several other jobs in between). At heart, however, she knew she was a coach for over 20 years before coaching professionally. In 2013, Kim started Interview Coaching, helping jobseekers prepare for employment interviews. Eventually, Kim saw that the real work of interview prep required most clients to go deeper within themselves than surface-level job prep. This allowed for Kim to get to the core of what she does best.

Although Kim is naturally optimistic and positive, it was through multiple breakdowns in her own life that led her to rediscover and reclaim who she innately is. Overcoming negative self-talk; learning to hear and trust her own intuition; and embracing the fact that it's her inner world that creates her outer world are some of the elements that led Kim to rebuild the foundation of her life from the inside out.

Kim has presented multiple workshops to at-risk youth in Southern CA on goal-setting; stress management; interview skills; and resume-writing. She has also coached adults 1-on-1 and in groups to experience more confidence, clarity and expanded belief in their own personal power and all the possibilities that exist for them. Inspiring, insightful, empowering, therapeutic and non-judgmental are just some of the words her clients and workshop participants have used to describe their experience with Kim.

To download Kim's FREE guided meditation "Get Grounded & Regain Inner Peace," go to <http://www.kimoneill.ontrapages.com/FreeGuidedMeditation>.

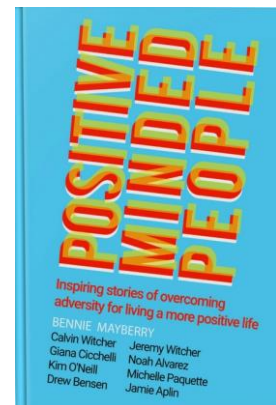
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