



An interview with Billie Frances, LMFT, NBC-HWC, BCC, CWP, founder of Mindful & Meaningful Coach Mastery

Mindful & Meaningful Coach Mastery is a national certification for heart-centered professionals who use proven coaching techniques to impact positive health behavior change. The program is a training provider for the International Consortium of Health & Wellness Coaches (ICHWC) and Board Certified Coach (BCC).

In this episode, Billie discusses how mindfulness enables coaches to guide clients to find their own answers and come up with their own solutions as they move forward in life.

Billie is a licensed therapist, a National Board Certified Health and Wellness Coach, a Board Certified Coach, an ACE Certified Health Coach and is the Master Coach for ACE's Behavior Change Specialist program. She is also a past president of the San Diego Professional Coaches Alliance, a Certified Wellness Professional, and a multi-year presenter at the National Wellness Conference.

Billie lives in San Diego and is a dedicated family member, an avid baseball fan, and an active Toastmaster

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EPISODES #32 & 33
Billie Frances

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