"I provide clear and ***compassionate guidance*** *and support to those undergoing* ***major transitions*** *in their lives. Working together, we take what's* ***overwhelming****, break it into* ***manageable steps****, and create a path that leaves you feeling* ***optimistic, grounded, and eager*** *to move ahead."*

- Barb



Heart's Harvest

Guiding you through times of change.

Barbara L. Wrigley, MSOD, PCC
Heart's Harvest
3 Big Oak Court
Durham, NC 27705

510-599-5798
barbwrigley@gmail.com
www.heartsharvest.com

PCC
Professional Certified Coach
International Coach Federation

GISC Certified Coach

mbti CERTIFIED

Also find me on:

https://www.facebook.com/BWHeartsHarvest/
https://www.linkedin.com/in/barbara-wrigley/

Facing a major transition?

Struggling with a huge challenge?

Wondering how to move forward?

Let's Chat!



Barbara Wrigley
Life Transitions Coach

Heart's Harvest
Guiding you through times of change.



Transitions and Big Challenges

As a life coach, I specialize in the area of supporting those facing life transitions such as:

- **Retirement**
- **Changing Careers**
- **Adulting**
- **Downsizing**
- **Losing a Loved One**
- **Moving**
- **Coming Out**
- **Divorce**
- **Starting a Business**
- **Taking a Risk**

These are all transitions that I have personally experienced.

Learn More

www.heartsharvest.com

Coaches

Respect the **client as the expert** in his or her life and believe that every client is creative, competent, and resourceful.

My responsibility is to:

Discover, clarify, and align with what you want to achieve;

Encourage your self-discovery;

Help elicit your personal solutions and strategies;

Help hold you responsible and accountable, and cheer your successes!

Coaching Sessions

My clients live throughout the U.S. and our coaching sessions can be conducted using cell phone or via teleconferencing in my private Zoom meeting room.

Four and twelve week coaching packages are available. Space is always reserved for low income individuals as well.

Contact me to learn more about your free introductory session!

About Barbara

Barbara Wrigley is a Professional Certified Coach (PCC) credentialed by the International Coach Federation (ICF). She graduated from the Gestalt International Study Center's Coach Certification Program in 2017 and has over 1800 hours of coaching experience working with clients aged 26 - 78 from all over the United States.

Barbara received her Master's degree in Human Resource Development/Organization Development with honors at American University in 1985, and graduated summa cum laude with a B.A. in English, Social Studies and Education from Hope College in 1976. She has more than thirty years' experience in management, organization development, and adult education.

Additionally, Barbara has been doing personal growth work for over four decades, primarily through NTL Institute for the Applied Behavioral Sciences and at Shalom Mountain Retreat and Study Center in Livingston Manor, NY.

Prior to becoming a coach, Barbara was the Founding and Executive Director of the highly-respected Women's Business Center of Northern Virginia which provided training and assistance to minority and socially disadvantaged women seeking to start and grow their own businesses. During her 11 year tenure, the Center trained over 22,000 women, and helped launch thousands of small businesses. Barbara has won numerous awards and twice provided expert testimony to the U.S. House of Representatives on behalf of women entrepreneurs.

Now, she loves life coaching!