



Brenda L. Hill-Riggins is co-owner of a construction company. Brenda has worked one on one with individuals and with groups addressing issues such as understanding one's purpose, starting over, organizational management, spiritual transformation, and building your business.

With a strong desire to help others understand their purpose and move her clients more quickly to their desired destinations in life, in 2007 Brenda transitioned from what she does (ac contractor) to who she is, a transformation coach. Brenda completed her speaker's training with The Motivational Center with Dr. Tina Dupree. Brenda completed her coach training at Florida International University and received her Life Coach Certification from the International Coaching Federation and North Star Group. Brenda was personally trained by New York Times best-selling author and "O" Magazine monthly contributor, Dr. Martha Beck. Brenda has a passion for helping men and women to live richer, fuller, and more authentic lives and is committed to that process of discovery with her clients. Brenda promises to create a coaching partnership that is warm, focused, honest and fun!

"The coach cares about his /her clients, their agendas, their health and growth, but not the road they take to get there, the speed of travel or the detours they might make along the way... as long as they continue to move towards the results they want. Ultimately, coaching is not about what the coach delivers, but about what the clients create. "

— Laura Whitworth - "Co-Active Coaching"

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