



Mary Claire O'Neal Consulting and Coaching, LLC

Mary Claire O'Neal Bio

Mary Claire O'Neal is a nationally known consultant, coach and trainer. She is the author of the award-winning book, *Becoming What You Want to See in the World*. For over 15 years, Mary Claire has been working with Fortune 500 companies, small businesses, non-profits, government agencies, and individuals in professional and personal development through consulting, training, workshops, keynotes, and coaching in communication, leadership, and resilience. She is also HeartMath's Certified Trainer in Kentucky for The Resilience Advantage™.



She has coached a New York Times best-selling author, and one of her consulting clients was chosen by Fortune Magazine as one of the 100 Best Companies to Work For. Before becoming a consultant, coach and trainer, her past experience included mental health educator for the Commonwealth of Kentucky, business owner and Equity actor. Mary Claire has had many articles published on communication, resilience, leadership and life balance. Her book, *Becoming What You Want to See in the World*, has won a National Best Books Award, ForeWord Magazine Book of the Year Award, and a national Indie Excellence Award. Mary Claire has written monthly and weekly columns for several national online sites and print magazines. Foreign translation and publishing rights of her book have been sold in Latin America, The Netherlands and India, and the English version is distributed in over 25 countries. She is a certified coach (CTACC), and is a member of the International Coaching Federation. She is a Past President of the National Speakers Association/KY and served on the Board of Directors for six years. She has been an Award Finalist for Commerce Lexington's Independent Professional of the Year Award for two consecutive years.