

Dr. Lauree Moss



Lauree E. Moss, Ph.D., is a Professional Certified Coach from the International Coaching Federation, a Certified Life Coach and a graduate from the Institute for Life Coach Training. She is also a Board Certified Diplomate in Clinical Social Work and has been in private practice for over 35 years. As a coach, her areas of specialization include: Wellness Coaching, Executive Coaching, Career and Life Transitions Coaching and Coach Training and Mentoring.

Dr. Moss is adjunct faculty at the Institute for Life Coach Training, where she teaches "Body-Mind Life Coaching™," a process she developed. She also teaches Body Psychotherapy at the Institute for Integrative Body Psychotherapy in Venice, CA. For 13 years, she taught psychology and somatic therapy at Antioch University in San Francisco.

She resides in Topanga, CA and maintains both a psychotherapy and coaching practice in Santa Monica, CA. Dr. Moss provides coaching services both in-person and by telephone.

Dr. Moss believes that to be truly in touch with who you are is the essence of personal power. The philosophy of coaching embodies the wisdom of the legendary Chinese philosopher Lao Tzu: "At the center of your being you have the answer; you know who you are and you know what you want." Her coaching style helps tap into your "inner assets" to accomplish your goals and have the life you desire. Dr. Moss uses her curiosity, creativity, insight, humor and down-to-earth attitude to support her clients.



Dr. Moss's company, **Cycles of Change Life Coaching**, is a licensee of "[The Wellness Inventory](#)," which is a pioneering "whole person" assessment program. It is designed to help gain personal insight into physical, emotional, and spiritual wellness. The program offers guidance and tools to transform this new awareness into sustainable life changes, resulting in a renewed sense of health and well-being.

Her company also utilizes [The Peoplemap™](#) System assessment and training programs with individuals and companies in the vital areas of leadership development, team building and peak performance.

As a [Wellness Inventory](#) Certified Coach and [Peoplemap Trainer](#), Dr. Moss can provide you with two outstanding assessment tools and processes to assist you and your company to achieve your desired goals.

To take a look at the features and benefits of
The Wellness Inventory, go to:

<http://www.mywellnesstest.com/WLPromotion.asp?gv=14877>.

For more information or to schedule a coaching session:

Call Dr. Moss directly at **310.828.0234**

or Email her at laureemossphd@aol.com