



L. Nichole Carrington, PhD. PCC
Biographical Information

Nichole Carrington specializes in leadership development, performance and life management coaching. Nichole works with individuals as well as with business professionals, entrepreneurs, small businesses, management, and project teams in numerous aspects of Leadership Development along with corporate design of visions, missions, values, and strategies. Nichole coaches and trains clients in the areas of effective communication skills, professional development, stress reduction, time management, creating satisfying work relationships, developing inter-personal relationship skills, spiritual goals, and health issues.

Nichole is dedicated to a collaborative client relationship in which specific performance results can be achieved. She utilizes rational, strategic, and intuitive processes to coach clients in raising the bar of their human development. Nichole coaches and facilitates with respect, fun and confidentiality from which clients can examine, explore, design and take action on goals. As a result of her coaching, clients have realized greater goal fulfillment in all areas without sacrificing their quality of life. Clients say that working with Nichole is like working with their own personal Life Architect and that she is like a personal trainer for their Soul. Nichole coaches so that spirited action and wisdom are released through daily actions.

Nichole is certified by the International Coach Federation and Coach U as a Personal and Professional Coach with a background that includes degrees in Interior Design, Organizational Behavior, and a doctorate in Clinical Hypnotherapy. She holds certifications as a Master Practitioner and trainer of NLP, a communication technology, as a Master Graphoanalyst, and as a Community Mediator. She also co-owns and manages her own investment corporations, has co-owned a real estate development company, and has worked as a corporate trainer and program developer with NLP Institute of California and NLP Colorado. Nichole teaches at the Learning Exchange and has given Keynote talks to various organizations. Nichole has 22 years experience in the human development industry. She is the owner and president of Spirit's Wisdom, Inc., a coaching and consulting business in Sacramento with clients nationwide.

Some of the clients Nichole has coached are:

SDI Development Company
IRS Western Division Managers
Castrol North America
NLP Institute of California
KIK international of No. California
Valley Media Inc.
Several Chiropractic offices
Several Lawyers and CPAs
Several Banking Institutions
The Learning Exchange
Sacramento Women's Leadership Group
American Pacific Mortgage
Big Valley Mortgage
Sacramento Vision Center
State Employees
California Elected Political Women

Robert G. Reitz Company
Beltone Hearing Aid Centers
Futures Unlimited
Data Dimensions Inc.
Edge Consulting Company
Nordstrom's
Ascepcos Manufacturing
Mercy Hospital Outplacement
Non Profit Organizations
Driezler Financial
Risk Management Financial Planning
US Postal Service Managers
Horizon Ag
Wells Fargo Corporate IT Managers
Gaffney and Associates
Teachers, Therapists and other Coaches