

Steve Seay, MFT

Leadership Coaching, Inc.
Wellness & Resiliency Coach
(916) 715-9252
stevendseay@gmail.com
www.CoachSteveSeay.com

About

Steve is at the forefront of Leadership Coaching & Consulting. He has spent 16 years working in the medical field and during that time he has recognized his calling and purpose to serve others through discovering, developing and creating from the whole person (body-mind-soul). Steve's involvement with the Joy of Medicine program motivates him to give back and serve the physician community, as physicians dedicate so much of their time and energy serving others.



Steve's background and experience in the counseling profession (MFT) has since transitioned into the powerful world of coaching and consulting. For the past 5 years, he has been on a mission to serve his clients in a way that empowers them to step into a place of joy and fulfillment while creating powerful achievements in their lives. Steve's powerful coaching style influences his clients to fully step into their uniqueness as a human being and awakening their inner creativity, while sharing their gifts, talents and abilities with the world. He co-leads the Hiking 4 Health with another local physician as he helps to create, organize and lead physician hikes in the region.

In his free time, Steve enjoys spending time with his family, running ultra-marathons, lifting weights, participating in Spartan races and anything that involves physical exercise.

Services

Steve coaches individuals, groups and companies, to greater internal (self) and external (professional) potential and awareness of possibilities, while creating extraordinary results as a return on investment. His unique coaching style directly helps his clients to make personal victories leading to relational and professional victories in their lives. Steve's focus areas of coaching include but are not limited to: developing a vision and personal mission statement or philosophy, strength-based, solution-focused, wellness-led initiatives, conflict resolution, healthy boundaries, building the soft skills in customer service, professionalism, team and organizational cultures, work/life balance and soul-line work (creating fulfillment).

Education and Experience

Independent Life & Leadership Coach—Leadership Coaching, Inc.
Service Excellence Coach—Sutter Independent Physicians
Marriage and Family Therapist (MFT), Western Seminary, Rocklin, Ca.
Registered Respiratory Therapist (RRT), Currently licensed in California