



BIO

Darlene Muñoz-Helstrom, Co-Founder
Purpose Centered Coaching & Training

With over twenty years of working for and with top executives in various industries, Darlene has identified and mastered many key areas that are crucial to corporate success. This knowledge of the internal functions of corporate structure and her ability to effectively share it makes Darlene a crucial part of the foundation of Purpose Centered Coaching and Training.

Darlene's areas of expertise include Executive Administration, Team Building and Support, Coordination, Recruiting/Screening, Property Management, Office Management, Corporate Account Management (domestic and international), Risk Management, and Research and Strategic Planning. This diverse work experience has enabled Darlene to create a protocol for a successful "plan of action" within any organization. Darlene's unique abilities to uncover existing problem areas, identify potential problem areas, facilitate strategic planning, organization and team building make her invaluable to the process of uncovering a company's untapped potential.

Darlene a co-founder of Purpose Centered Coaching & Training has worked with such distinguished companies as Schlumberger Omnes, Entergy Corp., Executive Suites, Dougan & Assoc., and Abundant Life Academy.

Darlene along with her husband, Marek deliver workshops in Human Behavior, Emotional Intelligence, Accountability, Team Building and Leadership. As a Coach, Darlene's passion is to partner with her clients to bring about the commitment to do those things that they typically don't want to do, in order for them to achieve those things they want to achieve.

Darlene's experience in team facilitation and organizational management are enhanced with advanced certifications in Human Behavioral Understanding and Emotional Intelligence. Additionally, she is affiliated with the Arbinger Institute, the Winslow Research Institute (Human Behavior Assessment Systems), and is in the process of finalizing her Coaching Certification from the Success Unlimited Network (Personal and Professional Coaching).