



## *Living from the Heart LLC*

### **SHELBY BURKE, Certified Professional Co-Active Coach (CPCC)**

Shelby holds the distinction of Certified Professional Co-Active Coach (CPCC), awarded through the certification program of the Coaches Training Institute (CTI). The Co-active coaching model involves the interactive and collaborative participation of both the Coach and the Client and is a trademark of CTI. CTI's coaching program is known to be the most rigorous and respected in the coaching industry, with their Co-Active Coach® training program being hailed as the "Gold Standard" by the Institute of Coaching, a Harvard Medical School affiliate, who have linked the four cornerstones of the Co-Active Model to evidence-based scientific research.

Shelby has spent several years working in varying facets of entertainment and advertising, and recognizes the potential when authentic core values intersect with creativity and passion. Shelby is highly motivated to support others in connecting to their authenticity. Having spent more than 100 hours coaching individuals from all around the globe, she continues to be inspired by the shifts that occur when individuals choose to live a life filled with more passion and purpose.

Shelby developed an interest in coaching as she experienced the support of her own self-development, having had the opportunity to grow up with a mother who was a coach during Shelby's most formative years. Sue McMahon is a Professional Board Certified Coach, founder and CEO of Living from the Heart LLC, established in Northwestern Ohio. Shelby based on the West Coast, lives and works from Los Angeles, California. Shelby values the opportunity to work as a colleague with her mother Sue at Living from the Heart LLC, while doing what she loves the most.

As a person Shelby has the endearing ability to deeply connect with anyone she meets wherever she goes. Her big smile and enthusiasm sparkle brightly, illuminating any space with her authenticity and trust. As a coach, Shelby brilliantly supports her clients using her innate intuition, deep listening skills, loving energy, and her profound compassion as she champions her clients toward greater life balance and fulfillment within themselves.

When Shelby isn't actively engaged in coaching she finds great joy in cooking, yoga, biking, being at the ocean, and spending quality time with her family and her very cool dog, Red.



Shelby Burke CPCC  
Certified Professional Co-Active Coach  
LivingFromTheHeart.info  
+1.419.351.3681