

ABOUT *me*

Fiorella Kuczma
She/Her

Fiorella Kuczma is a certified professional Life Coach who specializes in empowerment, self-improvement, personal time management and organization, health and wellness, relationship and dating and career planning. She was born in Lima, Peru and holds a 15 year tenure with the provincial government including work in various Ministries and in progressively senior roles both, staff and management positions. Fiorella is an experienced policy and program specialist and social justice advocate who has worked on portfolios such as Human Rights, Anti-Racism Initiatives, Indigenous Cultural Awareness, Victim Services, Human Trafficking, Mental Health, Self Care and Resilience, Trauma Informed Care, and Addictions and Recovery.

In 2021 Fiorella led Restorations Second Stage Homes, a non-profit organization providing transitional housing and programming to survivors of human trafficking, as their Executive Director. Fiorella is now Vice-Chair for the Restorations Board of Directors and was also recently appointed to the Hamilton Police Service Selection Committee. She is also an Executive Co-Lead for Hola OPS Career Advancement and Talent Team, an employee network for Hispanic and Latin American public servants. Fiorella graduated Cum Laude from the University of Ottawa with a Bachelors in Social Science and continued her studies at York University obtaining her Honours in Criminology. Fiorella is a proud Hamiltonian, entrepreneur, wife and mother to two busy kids and two fur babies. In her spare time she enjoys fitness, travelling and cooking up healthy meals. Fiorella has been featured in the Toronto Star, Our Homes magazine and Behind the Give button podcast for her work in the community and is a strong advocate for life-long learning and personal growth.



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English/Espanol

Life Coaching Services & Ethos

Utilizing the services of an experienced life coach and mentor can create opportunities for greater clarity and self-awareness and understanding of oneself. My coaching ethos is to always meet the client where they are and to empower them to lead while I guide/co-pilot the journey and help you chart the course to get there. I am NOT a therapist. My role is to keep you on track, hold you accountable, ask important questions, and create a safe space for insightful reflection, profound discoveries, continuous learning and personal growth. I will hold you to high expectations and standards and remind you of your 'why.' I am here to celebrate your successes and achievements as well as to help find creative solutions to unexpected challenges and roadblocks we may encounter. I help my clients explore options that align with their own interests, skills and values while creating a safe space to discuss their fears, dismantle self-limiting beliefs, establish healthy boundaries and challenge them to sit in feelings of discomfort in order to grow. I empower my clients to think positively and enthusiastically about their futures by aiding in the development of resiliency and teaching them how to create actionable plans, set achievable goals and build up the self-confidence they need to chase after their biggest, boldest and loudest dreams. Together we will unpack, dig deep and learn from one another in a safe, trusting, open, honest and respectful way.

I am passionate about helping people and believe that we can have all the things we desire with thoughtful planning, strategic thinking, intentional preparation, a strong and positive mindset and outlook, hard work, perseverance and dedication. As your life coach I am committed to supporting you through the times you feel frustrated, overwhelmed or distracted by life's uncertainties. I see your potential and will make sure that you see it too, settling for nothing less than all you are meant to be.

My areas of subject-matter expertise are the justice sector, labour relations (pay equity and workplace health and safety), change management, training, curriculum design and development as well as non profit executive leadership. I volunteer my time in the community by sitting on various Committees, Boards, employee diversity networks, anti-racism working groups and task forces in order to give back to the community and to expand my lens while learning from others lived experiences.

Education, Certifications and Credentials:

- Certified Life Coach Professional by the Transformation Academy, 2023
- Transformational Life Coach certification by the Transformation Academy, 2023
- Joint Health and Safety Certification (Part 1), PSHSA, 2022
- Stress Resilience Training System (SRTS) Certified Mentor, HeartMath Institute, 2021
- ASIST Suicide Prevention Training & START Certification, Living Works, 2020
- Facilitating and Assessing Police Learning, Ontario Police College, 2020
- Mental Health First Aid, Mental Health Commission of Canada, 2020
- Sanyas Indigenous Cultural Competency Certification, 2019
- Alternative Dispute Resolution and Mediation (40 hours), Certified by ADR Institute, 2017
- York University, Bachelor of Arts, Honours Criminology, 2008
- University of Ottawa, Bachelor in Social Science, Concentration Criminology, 2006.
- Experienced entrepreneur and small business owner
- Recipient of 3 Excelsior Awards in the Ontario Public Service and an Amethyst Nomination for Service Excellence in 2021.

Investment & Return - \$650 for 6-week 1:1 Coaching

Some of things that we will cover and work on:

- Assessments to help identify personal strengths, skills and abilities as well as areas for improvement and growth. We will develop and hone self awareness, explore knowledge, lived experiences, passions, interests and values as well as gaps, challenges and obstacles and learn how to overcome them in relation to personal/professional goals and objectives.
- We will use various tools and resources to assess where you are and where you want to be. During our sessions we will identify actionable steps and plans that will help you set goals and reach them.
- Creating and sustaining work-life balance, boundary-setting, self-care, confidence building and mindset-shifting practices, habit-building and removing habits that no longer serve you or align with your goals.
- Worksheets and tasks will be assigned and reviewed the following session. These assignments and action items are always outcome-oriented and purpose-driven. They will develop and build core competencies such as accountability, critical thinking, problem solving and communication skills and help get you closer to your goals.

Coaching fees include tax as well as text and email support in between virtual sessions.