



**Elaine Kempski**  
**Inspirational Speaker, Author and Coach**  
*Inner Journey Coaching*  
*“The journey forward begins inward!”™*

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Elaine’s life-long commitment to personal development is reflected in her dynamic presence, unique wisdom and vibrant spirit! During her **25 years in fortune 200 companies**, Elaine partnered with hundreds of talented, well-rounded and highly respected leaders. Through these relationships, she connected with others who shared the same passion for transformational leadership. Her knowledge of human and organizational change grew even stronger when she volunteered as a **Support Group Teacher and Leader for 12 years**. In her business and community work alike, Elaine understood how significantly a person’s *relationship with self* shapes everything in life. Our leadership, relationships, resourcefulness, overall well-being and life fulfillment are ALL a reflection of our inner world – making the relationship “with self” one of the most important and yet overlooked!

As a **Speaker, Author and Coach**, Elaine provides effective contexts for change, techniques that tap your deeper strengths and simple yet powerful actions. She has the unique ability to see through human and organizational complexities, **helping people focus on the core issues** that lead to growth and change. Elaine naturally differentiates between our true nature and the behaviors that distort that powerful nature. In doing so, she can hold up the empowering truth for others, with conviction and compassion, until they feel it within themselves. Her Life Mantra is: *“The journey forward begins inward!”™* For each time we embrace the unlimited power within, we transform the heights to which we live, lead and make a difference.

Through **Inner Journey Coaching (IJC)**, Elaine offers individuals, leaders and organizations programs that focus on personal development, empowerment and transformation. All **IJC** programs – *including our powerful Keynotes, Workshops, Leadership Programs and Coaching Services* – encompass practical tools, information and support that lead to profound change.

Elaine serves on the Board of the **Self Worth Coalition**, a non-profit organization that promotes empowerment through personal and financial well-being. She holds an MS in Organization Development from American University and BS in Marketing and Human Resource Development from Neumann College. She is an NLP Certified Coach in addition to being a PER-K™ and PSYCH-K™ Facilitator.

For more information on our transformational services, visit us at: [www.InnerJourneyCoaching.com](http://www.InnerJourneyCoaching.com)

*Elaine can assist you in selecting the service or topic that will best meet your needs!  
Feel free to contact her today at: 302-228-8855*