



# Meghan O'Malley, M.S.

## Embodied Leadership Coach

I'm an Embodied Leadership coach who specializes in supporting clients in releasing conditioning to create lives rooted in alignment, deep inner knowing and embodied purpose.



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## Work Experience

### Embodied Leadership By Design | 2023- Present

#### Embodied Leadership Coach, Speaker & Facilitator

- Support purpose-driven entrepreneurs & teams in harmonizing their nervous systems, aligning with their highest purpose and pursuing sustainable success.

### Meghan O'Malley Coaching | 2016 - Present

#### Embodied Alignment & Relationship Coach

- Individual and partnership coaching to support clients in connecting deeply to their internal resources by connecting to internal alignment, connecting to the wisdom of their bodies, and consciously rewiring their default narratives for greater fulfillment & success..

### Institute for Applied Neuroscience | 2013-2014

#### Counselor & Neurofeedback provider

- Provide counseling & neurofeedback to children, parents, and adults.
- Received ongoing training in neurofeedback and applied neuroscience from Dr. Ed. Hamlin

### Meghan O'Malley, LPC | 2008 - 2018

#### Child & Family Counselor

- Private practice counselor for adolescents and adults.

### Haywood Co. Psychological | 2006 - 2007

#### Child & Family Counselor

- School, home, and office based counseling services for children and families

## Educational History

### Western Carolina University | 2006

#### Masters in Community Counseling

### Appalachian State University | 2001

#### Bachelors in Spanish Language & Interdisciplinary Studies

## Relevant Training & Experience

- 2024 - Professional Coaching program with The Speaker Lab
- 2023 - Quantum Human Design Business Training with Karen Kurry Parker
- 2019 - Thought Field Therapy online training via ACEP
- 2016 - Shamanic Training Program with Bloom Post
- 2016 - Yoga for Trauma (embodied nervous system regulation)
- 2015 - Reiki I & II attunements with Reiki Master Chris Rinaldi
- 2015 - Intensive year-long Leadership Program through the Co-Active Training Institute
- 2014 - Co-Active Coaching Fundamentals course
- 2014 - Trauma Resiliency Model of Somatic Psychotherapy (completed both Level 1 and 2)