



Ashley Coffey is a transformational leadership coach, educator, and community builder with over a decade of experience empowering women through mindset, movement, and mentorship. As the founder of **Ashley Coffey Coaching (ACC)** she has coached hundreds of women to reclaim their confidence, clarify their soul vision, and lead with unapologetic authenticity. She specializes in helping female leaders, especially those who have felt minimized, dismissed, or unseen, to heal self-doubt, shift internal narratives, and embody the best version of themselves. Her therapeutic approach blends intuitive wisdom with evidence-based coaching, leadership tools, and somatic practices—grounding personal transformation in both heart and mind.

Her Five-Pillar Framework Includes:

- ✨ **Leadership Identity** – Clarifying who you are and how you lead so you can own your power with confidence and clarity.
- ✨ **Boundary Mastery** – Building energetic and relational boundaries that protect your peace and expand your presence.
- ✨ **Emotional Integration** – Using NLP, emotional integration, and introspection tools to heal patterns of sabotage and scarcity.
- ✨ **Community + Belonging** – Cultivating sacred circles that foster safety, support, and aligned growth.
- ✨ **Authentic Expression** – Developing the voice, trust, and presence to lead others from a place of truth, not performance.

Ashley works especially well with:

- 👤 Female entrepreneurs, coaches, and community leaders
- 👤 Women navigating imposter syndrome, burnout, or lack of clarity
- 👤 Women ready to expand their spiritual journey
- 👤 Leaders seeking aligned influence, sustainable systems, and soul-rooted success

Certified in **Emotional Integration, Neuro-Linguistic Programming (NLP), Landmark Education, and Mindset Coaching**, Ashley brings both structure and soul to the transformation journey. She holds a **BA in Sociology & Leadership Communication, and a MA in Sociology with emphasis on Teaching & Diversity**. She is known for her magnetic energy, spiritual grounding, and commitment to self-integrity.

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- 📍 Based in Colorado Springs | Available for in-person and virtual coaching
 - ✉ **Connect with Ashley:** ashleycoffeycoaching@gmail.com and/or 719-286-9290
 - 🌐 **Learn more:** www.ashleycoffeycoaching.com
 - 📱 Follow along: [@ashleycoffeycoaching](https://www.instagram.com/ashleycoffeycoaching)