

Chris Miskec

LIFE COACH

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www.pivotwithmiskec.com



Pivot with Miskec
Human Alchemy

WHY CHOOSE ME FOR THIS EXPERIENCE:

MY GOAL FOR US IS TO BRING TO LIGHT PERSPECTIVES REVOLVING AROUND LIVES NEVER CEASING CHANGES & OUR REACTIONS TO THESE CHANGES

EXPERIENCE

Certified Life Coach, via Certified Life Coach Institute
April, 2022-present
Level 1 and Level 2 badges earned

- Have privately worked with numerous friends and family members for over 2 years
- Continue to obtain knowledge through life experiences, online explorations, and auditing classes aimed at increasing my coaching acumen

Minnesota State, Mankato- Head Women's Soccer
Coach, Associate Professor, Exercise Sciences
August, 1996-May, 2009

- Successfully headed a NCAA Division II women's soccer program for 12 years
- Mentored over 300 college student-athletes
- Taught a myriad of 100-300 level courses aimed at fitness, health, and wellness, ie, human performance

Allina Health Orthopedics- Physician Assistant
October, 2011-present

- Currently, subspecialist in shoulder and elbow
- Previously trained in sport knee, foot and ankle
- Actively involved in education future physician assistant students and current medical providers

Twin Cities Amazons Rugby club - coach
April, 2012-August, 2023

- Assistant and acting head coach over the 11 years I was involved with the team
- Mentored over 100 female athletes during this time

EXPERTISE & SKILLS

- Communication
 - In person
 - Virtual
 - Text/email
- Support, emotional & mental
 - Defining what we are able to change & may be changeable & what is beyond our control
- How to use your body effectively
 - Functional training
 - Being aware of physiological changes as we age
- Aligning personal values with short, medium & long-range goals
- Develop strategies to self-improvement
- Setting realistic, yet lofty, goals
 - Mentally
 - emotionally
 - Physically
- Having fun without diminishing focus

