# Mary-Beth Frerichs Biography

*"Seeing, feeling, and hearing others being validated is the most fulfilling experience I've ever known."*

Mary-Beth Frerichs is a certified executive coach with over sixteen years of direct coaching experience and over two decades of professional expertise in every aspect of human resources.

Her sweet spot is working with professionals whose readiness for change is present. She possesses a genuine care for clients finding themselves in transition, feeling a little off the mark or needing an edge to be promoted to their next career.

Mary-Beth's passion and expertise is ready to be tapped into, finding personal and professional potential. Her keys to success are working as an equal alongside her client -- listening, encouraging, and accepting. She sees her role as a change agent, not attached to outcomes, but focused on inspiring others to be their best. She uses a balanced approach to create action plans that propel professionals forward.

Before dedicating her time exclusively to executive coaching, she worked more than two decades in nearly every aspect of human resources. Her deep understanding and unique senior perspective of the employment lifecycle are rooted in her front-line responsibility for recruiting, onboarding, training and development, performance management, workforce reductions, and outplacement. She understands the challenges her clients are facing.

No single approach is the right one for each individual. So, she is trained in a variety of methods including the Hogan Assessments HPI, HDS, MVPI, Positive Intelligence Coach Training by Shirzad Chamine, graduate of mindful based stress reduction 8 week program at Pause, WINGS leadership and personal development trainings, and Technology of Participation (ToP). Her education background includes a Bachelor of Science, General Studies, Certificate in Women's Studies, Portland State University.

In addition to coaching, Mary-Beth enjoys living in the Pacific Northwest. Her passions include spending time in the great outdoors running, hiking, gardening, fostering a healthy community and living intentionally. Her resilience engages others, creating opportunities for them to emote excitement to live their life with purpose.

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