

Chou Hallegra, MA



Chou is a Certified Master Life Coach and a Diversity, Equity, and Inclusion Licensed Trainer.

Chou is also certified in mindfulness, grief recovery, trauma training, clinical anxiety, and career coaching.

SUPPORTING LEADERS AND TEAMS

Chou Hallegra brings a wealth of knowledge and experience to support your organization. As a multi-credentialed consultant, she is passionate about helping leaders and teams be more and do more so they can effectively contribute at home, at work, and in their communities.

Whether your employee is dealing with grief and loss, overwhelmed by stress, or needing to find work-life balance, Chou can provide both training and coaching to help them address these challenges. She helps professionals overcome productivity killers such as procrastination, lack of time management, imposter syndrome, negative thinking, low self-esteem, and more. Furthermore, she assists organizations in becoming trauma-informed and more inclusive in their policies, structure, and culture; whether it's supporting colleagues with a disability or embracing coworkers from different ethnic backgrounds.

Chou completed a Master's in Human Services with a focus in executive leadership, a post-graduate certificate in Rehabilitation Counseling, as well as a certificate in Nonprofit Management.



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Contact Chou at 717-216-0230 or
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to schedule a training or consultation.

