



Margaret S. Johnson, MS

Margaret is a certified co-active life and career coach and specializes in coaching adults in *transition*. She supports her clients in the discernment of desirable life aspirations and/or new career goals. Her approach is gentle and direct, focusing on distilling next step action and easing the uncertain path from *Transition to Transformation*. Her clients are awakened, challenged, and supported to find and follow their own path to greater fulfillment.

As an educator, science department chair and counselor in the Rhode Island state high school system, Margaret honed her skills working with both administrators, parents and teens over decades. While she works with clients of all ages, her joy lies in supporting teens and young adults as they step out into the world. Margaret guides and supports them through a process of self-discovery, exploring career options, navigating the college selection process, and discovering their life path. As a Certified Student Assistance Counselor, Margaret is specifically trained in the prevention and early intervention of substance abuse issues in teens and young adults.

As a workshop designer and facilitator, she supports both individuals and educational systems by designing and presenting professional development workshops for teens, teachers, parents, and school systems. Workshops include: *In Your Wildest Dreams* (young adults 18-22yrs), *Take Charge of Your Life* (H.S juniors & seniors), *Spring into Action* (adults), *Parenting Your Teens, Yes, Your Teen is Crazy* (parents), *Designing Affective Advisories for Schools*, *Learning and the Brain* (teachers), *Substance Abuse and the Brain*

Past and Current Clients Include:

Warwick School Dept., Smithfield School Dept., Narragansett School Dept.; Group Coaching Workshops - All That Matters (Holistic Health Center), Wakefield Rotary Club

Education and Affiliations:

University of Rhode Island, MS (Biology), MS Counseling & Family Studies; Texas Southern University, MS.Ed; Graduate – Coaches Training Institute, Certification - Coaches Training Institute (CTI), Member of the International Coach Federation (ICF), Certified Student Assistance Counselor, Graduate Relationship Coaching Institute.

Personal Interests:

Skiing, kayaking, gardening, stained glass art, philanthropy work in the Congo. She resides in Rhode Island.