

Mie Elmhirst Widowsbreath Coaching

Mie is internationally known as an executive and personal coach. She is principal and founder of Widowsbreath Coaching (a coaching practice founded to support those who have lost their partners in reconnecting with their spirit, sense of anticipation and aliveness) and Elmhirst & Associates Coaching. Mie's expertise is in widows/ bereavement coaching, as well as relationship and executive coaching. Her clients have included executives and middle managers of such organizations as Washington Mutual, the SEC, and Rabo Bank. She has coached clients from the entertainment industry (Reality TV) Public relations industry, Health Care industry, and the Not-for-profit industry.

Mie is a widow and helps widows from all sectors deal with their grief and become available to happiness and joy. Mie believes that widowhood is not just an ending - that it can also be the beginning of sometime new and different and equally as wondrous as what was lost.

Prior to coaching Mie's experience was as a physical therapist and subsequently in Health Care Management.

Mie received her training at the Coaches Training Institute, has Advanced Relationship Coaching Training and is a member of the International Coaches Federation. She received her undergraduate BS at Russell Sage College and her MBA at Boston University's Graduate School of Management.

"It is an amazing experience and a gift to walk along side of my clients and watch their emergence; their becoming. For this I am truly grateful." Mie Elmhirst