

Donna C. Coulson, M.S., PCC

Speaker, Facilitator, Coach, Trainer



"In a short period of time, you made a big difference,"
Senior Project Manager

"You made me stop, look and listen to my instincts."
Vice President

"Our team dynamics are now creative instead of all conflict."
Executive Director

Enough Is Enough Already:
Restoring Work/Life Balance

Doom & Bloom:
Staying Upbeat in a Downbeat Economy

Live Your Life:
Are We Having Fun at Work Yet?
Lighten Up for Innovation & Creativity

Mentor Coaching & Generational Differences:
Navigating with
4 Generations in the Workplace

Career Transition:
The Time Is Now, 2009 Style
So What Will I Do with the Rest of My Life?

Attitude Is Everything:
How's Yours Lately?

Do you have conflicting Professional and Personal lives? Despite the challenges of the Economy, tis time for you to" Doom and Bloom" and know your Attitude is Everything. Donna will help you reframe your outlook toward life and work by summoning Sanity and Balance back into your life.

As a Leader, you are Role Model, Motivator and Mentor Coach to your staff, peers, colleagues and your high-potentials. What message are they intuiting from you? Preferably a positive one with your Vision for the Future, Clear Expectations and Goals communicated. Know that "As the Leader goes, so goes the Team."



Donna Coulson is a Professional Certified Coach who works with Executives, Leaders and Managers as they navigate ever-changing waters of business. She focuses on Inspirational Leadership, Career Development and Transition through Speaking, Coaching, Facilitating Key Meetings and Training high-achieving professionals.

Donna is on the Faculties of Rutgers Center for Management Development and Corporate Coach University, a virtual and international coaching school. A Facilitator with WOMEN Unlimited's emerging leaders series, she has developed 1000+ high-potential Fortune 1000 women on their way to success. Founder of Donna Coulson & Associates, LLC, she brings enthusiasm and passion to organizations. Coulson has an MS in Labor Relations and Human Resources from Rutgers University, a BA in Human Communications from Douglass College and is a graduate of Corporate Coach U.

She completed 2500 coaching hours and 200 hours of coach instruction. An avid walker, Donna hit her 8,000 KM mark in 2009. In 2004, she retraced her father's WWII footsteps in Normandy and again in Antwerp in 2008. She serves on the Executive Council of the Center for World War II at Brookdale Community College and is a member of the Society of Human Resource Management, the International Coach Federation and the National Association of Women Business Owners.

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