

Turning a New Leaf

JO BENNETT, ACPC, ACC

Certified Life Coach & Minimalism Expert

Jo is a curious person. Her purpose in life is to engage in conversations about possibility. Jo is also a minimalist. She has been writing for years about how to mentally, emotionally and physically declutter our day-to-day.

Six years ago, Jo created a professional coaching practice, Solomojo Coaching, where she helps people simplify their lives so they can get to what matters.

Besides her foundational coach training at Adler Graduate School, Jo has also studied positive psychology, mindfulness & meditation, emotional intelligence and neuroplasticity, as well as she is trained in the art of physical organizing.

Since ongoing professional development is required to maintain an ICF credential (that's the International Coach Federation, an independent certifying body) the learning continues.

