

# Complete Biography:

## Diana Gabriel, Professional Coach

### BACKGROUND

Diana's work as a certified coach is a passionate extension of her previous professional experiences. Using tools she developed while working in education and as a therapist, Diana has a way of working that is safe but challenging for clients. She is known for her ability to ask powerful and challenging questions that force a pause and require thought. As she helps clients identify strengths and clarify goals, she helps them to see more possibilities so they can play bigger.

Diana believes it is her professional responsibility to always be learning, and she's committed to her own personal development. She makes a point of interacting with energetic, visionary people, some of whom are described in the My Favorites section. Her education includes a Master of Arts, and she's credentialed with several reputable coaching associations, including the International Coach Federation (ICF). She's also received high-level training from the Arbinger Institute, The Secretan Center and The Purpose Project.

She lives in Mankato, Minnesota, and has two sons, one living in Memphis, Tennessee, and the other in Menorca, Spain.

### EXPERIENCES

- Coaching
  - Executive and professional coaching in one-on-one and team settings since 2001
- Business
  - Past President, Presidential Leadership Group
- Education
  - Adjunct faculty member, Minnesota State University, Mankato, Minnesota.
  - Consultant, Center for Vocational Reflection, Gustavus Adolphus College, Saint Peter, Minnesota
- Nursing
- Therapy
- Columnist for Womeninc magazine

### EDUCATION AND CERTIFICATIONS

- Master of Arts, counseling psychology, St. Mary's College, Winona, Minnesota
- Bachelor of Science in Social Work, Minnesota State University Mankato, Mankato, Minnesota
- Professional Certified Coach, International Coach Federation
- Certified Professional CoActive Coach, The Coaches Training Institute of San Rafael
- Certified, The Leadership Circle Consultant
- Certified, EQ-i Assessment

### TRAINING

- Arbinger Institute, [www.arbinger.com](http://www.arbinger.com)
  - Mastery Training for Coaches
  - Train the Trainer
  - Choice at Work
  - The Choice in Coaching
- The Purpose Project, [http://www.csh.umn.edu/programs/The\\_Purpose\\_Project/home.html](http://www.csh.umn.edu/programs/The_Purpose_Project/home.html)
- The Institute of Cultural Affairs, [www.ica-usa.org](http://www.ica-usa.org)
  - ToP® Facilitation Methods
  - Facilitating Conciliation
- The Secretan Center, [www.secretan.com](http://www.secretan.com)
- Taming Your Gremlin Workshop, [www.tamingyourgremlin.com](http://www.tamingyourgremlin.com)
- The Bigger Game Company Workshop, [www.ricktamlyn.com/workshops.html](http://www.ricktamlyn.com/workshops.html)
- Leadership Institute of Greater Mankato, [www.greatermankato.com/chamber-leadership.php](http://www.greatermankato.com/chamber-leadership.php)
- Level II Reiki, Melanie Williams

### MEMBERSHIPS

- Minnesota Coaches Association, [www.minnesotacoaches.org](http://www.minnesotacoaches.org)
- Arbinger Helping Professionals Network, [www.arbinger.com](http://www.arbinger.com)
- International Coach Federation, [www.coachfederation.org](http://www.coachfederation.org)