



VICTORIA COOK

Victoria Cook is a professionally trained Executive and Personal Coach. Victoria helps her clients climb their unique ladders of success while FIRST ensuring they're leaning against the right wall.

Ms. Cook had a successful 15-year career in Information Technology before making a conscious decision to move away from computers and towards people. By shifting her focus to Communications, Organizational Development and Corporate Cultural Change, Victoria utilized her understanding of the big picture to grow leadership abilities in several business divisions. She also helped make mission and vision statements a reality, creating positive changes in corporate culture throughout the business.

Desiring to have this same impact on a personal level, Victoria pursued professional training as a coach and graduated from CTI (The Coaches Training Institute). CTI is one of the only programs accredited by the International Coach Federation, the governing body of the coaching profession. She is an ACC certified member of the International Coach Federation, and a member of the International Association of Coaches and the Chicago Coaching Alliance.

As a coach, Victoria partners with her clients to create focus, accountability, and strategies for accomplishing sustained success. Her results-oriented approach and broad time management and organizational skills help her clients obtain greater balance and fulfillment in their lives.

In addition to coaching, Ms. Cook is also an energetic and infectious speaker, offering presentations and workshops on topics such as strategies for successful career transitions, reversing stress and burnout and enhancing work-life balance.