

Wendy Mason



Wendy Mason is a Career and Life Coach and Writer and she is passionate about helping people find happiness at work and at home! Wendy helps people reach their goals and aspirations, without sacrificing their home and personal life.

Before working as a coach, Wendy had a long career in both the public and private sectors in general management and consultancy as well as spells in HR. Wendy was trained in and developed professional level experience in Change Management skills with Kinsley Lord, leaders in the field of change management at that time. She's managed and advised on large and small groups of people going through change.

She now divides her time between coaching and writing. Wendy is a qualified and experienced Confidence Coach and a member of the Association for Coaching.

You can contact Wendy at wendymason@wisewolfcoaching.com and find out more at <http://wisewolfcoaching.com>