

Gretchen Remmers

Inspiring women to create change



I am a coach, facilitator and speaker who has been sparking the best in others for over 25 years. I delight in inspiring brilliant women to bring their best ideas forward and to step into their life's adventure with authenticity, courage, and grace.

I'm practical and strategic, drawing on a rich career in Human Resources, yet I show up authentically and wholeheartedly, inviting my clients and audiences to do the same. I offer thoughtful questions and perceptive listening, along with practical tools, to help women find their own right answers.

As the resident coach on Tara Mohr's Playing Big team, I draw on the wisdom and skills of the pioneering Playing Big leadership model. Women who work with me learn to quiet their inner critic and listen to their own wisdom. They get crystal clear on their vision, develop a plan to capitalize on their strengths, and discover the courage to take bolder action in their lives and careers.

I am also the Director of Partnerships for Tara Mohr's Playing Big program, working with leaders around the world to bring Playing Big -- the book, courses and speaking events -- to their organizations.

My adventures in Human Resources include facilitating leadership development programs in 11 countries; partnering with senior managers and their teams; and leading EEO and diversity & inclusion initiatives. I've worked at several leading global companies, including Genentech, Young & Rubicam, and Wells Fargo.

I am an ICF Certified Coach, an alum of the Playing Big Facilitators Training, and a graduate of the University of Pennsylvania and SeattleCoach.

About coaching with me

When you're feeling stuck, unsure, unclear or overwhelmed, *coaching seems like magic*.

The truth is -- it's practical, effective and game-changing.

In 25 years of supporting individuals and groups, I have found coaching to be the single most powerful tool to find clarity and create change.

Coaching with me is good fit for you if you want to

- Grow your business or project in a way that is uncomplicated and authentic
- Accelerate or pivot your career for more alignment, fulfillment and impact
- Step into a new job with personal presence and a clear vision
- Quiet the self-doubt, mental chatter and circular thinking that keep you stuck
- Learn how to reliably access your inner wisdom – whenever you need it
- Experience less overwhelm and stress, more confidence and calm

Whatever challenge you're navigating, I'll think it through with you and create space for your exploration. I'll ask you plenty of curious questions, gently challenge your assumptions, and joyfully celebrate your discoveries. You'll find answers that are right for you and create a plan to move forward.

Coaching is highly personalized, focusing on your agenda and moving at your pace. We'll meet for a series of one-hour coaching conversations (on the phone, Zoom or in person). We'll address immediate challenges and keep an eye on your bigger picture.

Coaching is a mix of personal inner work and actionable planning, and we'll toggle between the two. You'll create a plan, and you'll learn practical tools and skills to use forever in both your personal and professional growth.

At the end of each session, you'll choose your homework -- deciding what action you'd like to take and what tools you'd like to experiment with before our next meeting. I'll offer gentle accountability, so you stay on track with your priorities and plans.

Coaching is not advising, consulting or mentoring. I'll reflect what I hear and brainstorm with you, but I won't tell you what I think should do. It is also not therapy, as it's not designed to work through major trauma or heal mental health issues.

How my clients experience coaching

Gretchen's insight, process, and ways of illuminating and re-framing potential obstacles fully engaged me and consistently helped me access greater capacity and more creative ideas than I came in with. I came away with a plan, did the work, and most importantly achieved my goals. Gretchen is a compassionate, ethical, thorough, and motivating partner to work through any of life's big issues to get to your intention and path.

~ Amy Michaels, Senior Manager, Amazon

Working with Gretchen as my coach has been a very rewarding, productive and valuable experience. I highly recommend Gretchen to other women who are looking to step into a bigger, more meaningful game in their work.

Gretchen has a deeply rooted presence which gives her access to powerful, wise questions. Each time we spoke there was no doubt that she was giving me her complete attention and energy - what a gift! Gretchen helped me to uncover pesky strategies I'd been unaware of and using to stay stuck in fear and uncertainty.

She also helped me to find the words, the authentic articulation of what I truly want to create in my work as well as the place to begin. Her questions and coaching made simple steps clear and visible and I'm now on my way to bringing a key project to life. Gretchen is a highly professional and skilled coach and she cares deeply about the success of her clients.

~ Laura McCaffertey, PCC, Competency Session Facilitator at Linkage's Women in Leadership Institute

Gretchen has a way of providing constructive feedback that encourages me to think more deeply. She asks questions that I may be unaware of and identifies points in my thought process that may require changes or a little more digging into. She kept me encouraged and on track. There aren't enough words to describe how well Gretchen does her job.

~ Leo Palana, Vice President, Wells Fargo

Gretchen has been an amazing catalyst for me. I experienced such a profound shift in perspective on a situation that has bothered me for a very long time and now feel liberated to look at it from a completely different perspective.

~ Christina Nesheva, Co-founder and Operations Director, Hive Innovation Unit, ViiV Healthcare

From the first sessions with Gretchen, I was astounded and blessed to realize how good she is at this. She is a safe, completely non-judgmental sounding board, and asks the most insightful questions. At various times in my life, I have worked with therapists, and never have I had the kind of breakthroughs, in thinking and action, that I have realized from this work with Gretchen. *~ Kel Gennert, Commissioned Artist*