



Hanson Coaching & Consulting LLC

www.hansoncoaching.com





Reggie Hanson- President

About

Reggie started his coaching company to add value and inspire people to be more conscientious about their own talents and abilities while helping them realize their full potential. He helps clients release the fear to get to the specific outcome they desire and find their purpose so they can live the life they deserve.

He graduated from the University of Kentucky with a degree in Education and was also an ALL- Conference member of the basketball team. He coached college basketball for 13 years, 7 at the University of Kentucky and 6 at the University of South Florida. He also coached professionally in Japan. He was named one of the top 25 recruiters in the country - a testament to his ability to communicate and build strong lasting relationships.

Reggie has two brothers that served in the military. One served 12 years in the Marines and the other served 20 years in the Air Force.



He is a Certified Professional Coach through World Coach Institute with over 20 years' experience helping people become more diligent about their own skills and competencies while in coaching, leadership and management roles.

He is the Managing Director of Hanson Coaching & Consulting LLC, which specializes in, professional coaching, career and behavioral development, motivational speaking, leadership development and mental health activism.

He is the COO of a Non-Profit foundation that his daughter started called StayWhole Foundation with a focus on mental health awareness. He is also Certified in Youth Mental Health First Aid.



Problem Worth Solving

Many of our veterans have difficulty transitioning back into civilian life. When leaving the military, they go through what I call, “a personal Life Quake or Pandemic”. This is a forceful burst of change in one’s life that leads to a period of upheaval, transition, and renewal.

They go through a **transition** and a **change**.

The Transition- is internal, the mental. It is what happens in the minds of the veterans as they go through the change. Fully processing is very difficult and creates anxiety and stress. This can take years to process. They must find something in life that is **Meaningful** and **Purposeful** again. Transition is a vital period of adjustment, creativity, and rebirth that helps one find meaning after a major life disruption.

The Change- is the physical or mechanical- is what happens to the veterans. Here today, living somewhere else unknown tomorrow. It’s a period of starting life all over from the beginning again in a different climate they are not accustomed to.

Change can happen very quickly, while transition usually occurs more slowly.



Our Solution

As their Certified Professional Coach, I take them on a step-by-step process customized to fit their needs that will help them connect with their inner coach so they can take the wheel to their life and control the direction of their future. Within my process we will use 1:1 coaching sessions, interactive workshops, assessments, action activities, plans and strategies to develop the structure they need to get to that next stage of life.

We work together as a collaborative team to help them find their vision and purpose, accomplish their goals, solve their problems, find accountability, overcome mental challenges, obstacles, barriers and transitions.

The key is to start the program prior to their separation date to lay the foundation and map for a successful transition.



Our Solution Continued

I help them develop new coping skills, create new habits, build confidence, eliminate tolerations, establish a new identity, create a new career, and get to the specific outcome they desire as it relates to their personal and professional life so they can live the life they deserve.

Our goal is to help them create and maintain a sustainable personal and employment lifestyle. Also help them stay connected with their families.

My complete set of unique skills and experience allows me to help and empower them to take action. Motivation, commitment and action are keys to their success.

The key is starting the transition 6 months to a year before their exit date.



Contact

www.hansoncoaching.com/contact

Reggie.hanson@hansoncoaching.com

(859)-338-2314

