

ANDREA HACKMAN

Partner | COO | Process Consultant



PROFESSIONAL SUMMARY

With her rich experience in effectively managing varied energies and preserving personal equilibrium amidst operational hurdles, Andrea contributes more than 18 years of proficiency in entrepreneurial leadership and organizational management. She possesses a profound comprehension of business dynamics and their impact on individual welfare. Andrea excels in these key areas:

Leading with Awareness: Andrea employs mindful practices to help leaders tune into their body's stress signals. By fostering awareness and addressing stress, leaders can make confident, value-driven decisions, enhancing their effectiveness.

Entrepreneurial Advising: Recognizing the challenges faced by entrepreneurs, Andrea provides coaching and advisory support. By creating a supportive environment to process emotions and explore solutions, Andrea serves as a valuable thought partner, guiding entrepreneurs towards their goals.

Operational Efficiency: Andrea identifies and addresses operational challenges through insightful questioning and a deep understanding of organizational dynamics. By leveraging collective intelligence and aligning it with organizational values, Andrea charts a sustainable path forward.

CERTIFICATIONS

Certified Process Consultant,
Society of Process Consulting
Certified Energy Healer, Healing in America
Certified Integrative Somatic Trauma Therapist, The Embody Lab
Master's in Business Administration,
Eastern University

METHODOLOGIES

Process Consulting: Andrea listens and asks incisive questions when working with clients to understand a client's specific context, co-create solutions, and reflect on learning to illuminate wisdom for transformation and posterity.

Somatic Leadership Coaching: Andrea uses visualization and mind-body techniques to help leaders be more present and grounded. These skills foster focused problem-solving and confident decision-making.

CLIENT TESTIMONIAL

*"Coaching with Andrea has been the mental, physical, and emotional support I didn't realize I needed so badly. She has helped me explore other ways of "knowing" that push beyond intellect into intuition. Since having her as a coach, I am more attuned to my body and much more aware of the way it guides me. Andrea is highly skilled at facilitating guided meditation. Equally impressive is her ability to add insight, pose reflective questions, and listen deeply. My sessions with Andrea have become an essential part of my commitment to self-care. I am finally able to say with confidence and clarity: **I am healing.**"*

-Cynthia Moore-Hollinshed,
Founder & CEO of Coaching for Clarity

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