

Meet Kate Deaton



Kate Deaton MS CPCC TIPIC OTR/L

Kate is a trauma informed coach who brings over 30 years of experience in the Healthcare, education and business worlds.

Kate is appreciated for entering complex situations with a calming presence, recognizing the gaps and blockages, focusing on the strengths, and assisting in diffusing defenses, while building new perspectives. From new perspectives, new ways of being emerge. Working from a trauma informed basis, steeping in theories of positive psychology, strengths based adult learning and development, emotional intelligence, and somatic and habit linked neuroplasticity makes this possible.

We live in a complex, fast moving world. Kate works with the skills of awareness, sensing, changing, adapting, experimenting/experiencing, connecting, influencing, planning, and strategizing are crucial for moving forward. Being informed by the past, aware of the present, and empowered by values and beliefs to pursue to the future.

When not working, Kate thrives in the outdoors and as a writer, dog partner, neuro-movement enthusiast, and artist.

