

Michael Rich

Leadership & Wellness Coach

Michael Rich is an experienced leadership, personal development, and wellness coach with a proven track record in diverse contexts. Throughout his career, Michael has demonstrated expertise coaching C-suite executives, business owners, managers, and team leaders across a wide range of organizations, including start-ups, public companies, non-profit organizations, religious institutions, and local small businesses. Michael also excels in designing/facilitating impactful leadership retreats, and skills training. Drawing on a unique background in psychological science, Authentic Leadership, Presence-Based Coaching, Deep Democracy, Tilt365, and a lifelong dedication to mindfulness meditation, Michael is recognized for his non-judgmental presence and ability to skillfully guide individuals through the often challenging and transformative journey of personal growth and development. Michael's wealth of knowledge and personal experience empowers individuals and teams to unlock their inner resources, enabling them to achieve meaningful professional and personal goals.



Contact

Address

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Endorsements

"Michael's a beautiful, thoughtful, and caring coach who skillfully weaves mindfulness awareness practices into his coaching. His clients grow with a grounded sense of self and a deeper awareness of their place in the world."

- Jerry Colonna, CEO, reboot.io



Work History

2015-04 -
Current

Coach

Goodwork Coaching, Boulder, United States

- Coached leaders in a variety of sectors through their personal challenges in leading teams and companies such as difficulty delegating, conflict avoidance, inability to collaborate, unable to separate the urgent from the important, fears and insecurities of all kinds, etc.
- Fostered growth in skills and capacities necessary for effective leadership such as, communication, time management, creating a compelling vision, conflict resolution, etc.
- Educated and trained leaders in self-awareness and self-mastery in order to generate the resilience necessary for effective leadership.

"The relationship exceeded my expectations. It did not take us very long to develop a common vocabulary that we used to talk about my behavior and the behavior of others, and his technique of asking questions to catalyze the learning process worked very well. He gave me a different lens through which to view how I act and how others act and the tools to begin to understand why that behavior is occurring. I really appreciate his insight and am grateful for the opportunity to work with him."

- B.A., VP & Assistant General Counsel

"Working with Michael Rich as a coach and mentor has dramatically impacted my personal and professional growth over the past year and a half. He has an incredibly holistic way of approaching mindfulness and meditation that allows you to apply learned practices to real-time situations. I'm so grateful for the impact he has had on my life!"

- Sonya Hausafus, VP of Marketing, Techstars

**2016-05 -
Current**

Instructor

Simple Habit, Boulder, CO

- Designed and delivered recorded audio trainings in mindful awareness

**2013-02 -
2016-08**

Co Founder

ORGDEV, Boulder, CO

- Designed and delivered process sessions for teams to develop their potential
- Designed and delivered facilitation for intensive leadership retreats
- Designed and delivered training modules on communication, and resilience
- Designed and delivered facilitation for all employee company retreats

**2013-05 -
2014-08**

Co Founder

CEO BOOTCAMP (now REBOOT), Boulder, CO

- Co-designed, created content, and facilitated initial retreats for tech CEO's that launched the company "REBOOT."



Education

**2009-09 -
2011-05**

Bachelor of Arts: Psychology

Naropa University - Boulder, CO

Concentration in Psychological Science



Certifications

- Presence Based Coaching
- Authentic Leadership
- Mindfulness Based Mind Fitness
- Deep Democracy
- Tilt 365