

Caryn Corenblum, J.D., L.I.C.S.W., PCC

Coach Credentials	ICF Professional Certified Coach (PCC) Certified Falling Awake Life Coach
Degrees	Bachelor's in Business Administration (Emory University) Master's in Social Work (University of Alabama) Juris Doctor (JD) (New England Law)
Post Graduate Certificates	Neuroscience of Leadership, Middlesex University, UK
Total Coaching Hours	6500
Coaching Experience	20 years
Coaching Themes	Health/Wellness, mindfulness, self-compassion, SEP™, PBSP practitioner (body-mind healing), Inner Relationship Focusing, Job/Career Change, strategic planning, job transition, Organizational Leadership, leadership skills, organizational dynamics, Emotional Capacity and Presence, emotional intelligence, Personal Growth, boundaries, growth mindset, Self-Confidence, Work-Life Balance, stress management
Additional Training and Information	ICF Professional Certified Coach (PCC) Certified Falling Awake Life Coach LICSW- Licensed Independent Clinical Social Worker



Caryn Corenblum has a proven track record of coaching leaders across both the Federal Government and private sector. Her expertise lies in facilitating transformative change through self-exploration, strategic self-examination, and experimentation with new behaviors. Caryn's coaching style is defined by her ability to build open, trusting, and respectful relationships, which are crucial for personal and professional growth necessary for effective leadership.

Caryn is adept at working with senior and emerging leaders, offering them her deep self-knowledge, maturity, empathy, and objectivity. With her gentle presence, Caryn creates an environment where clients feel safe and supported to disclose personal challenges and embrace new approaches to leadership and management roles. This trust is essential for enabling clients to confront their current blocks to action and to make meaningful, self-directed sustainable changes.

Caryn specializes in leadership development, stress management, and communication skills. She integrates the latest neuroscience and body-mind practices to enhance leader effectiveness and navigate complex challenges. Caryn customizes her approach to meet each client's specific needs and creates a space for genuine self-reflection. Clients often adopt new strategies and habits that lead to significant results and an internal sense of alignment. At Comskil, Caryn collaborates with a variety of clients, many of whom she has coached over several years. Her long-term engagements underscore her capacity to build deep, trusting relationships and provide sustained support as clients encounter leadership challenges and evolving professional and personal goals. Caryn empowers clients to refine their skills, adapt to changing demands, and realize their potential.

Caryn has worked as a retirement plan attorney and as an Executive Director of a nonprofit organization focused on conflict resolution. These roles have provided her with a profound understanding of organizational dynamics. Her experience as an inpatient and outpatient therapist further enriches her coaching engagements. This varied expertise allows her to assist clients in overcoming personal and professional challenges and reaching their full potential.