



Galina Knopman, President, CEO, PCC, TICC

Galina is the founder, President, and CEO of Comskil, Inc. and Best of Life. She is an ICF credentialed executive, leadership, Trauma-informed Certified Coach, organizational development consultant, guest lecturer, instructor, and author. She specializes in individual, team, and organizational change.

Ms. Knopman created and developed two four-step models for growth that integrate together for exponential transformation; 1) OrGro, a model for Organizational Growth and 2) VPS, Visual Personal Success model for personal change. Galina conducts webinars, provides training, leadership coaching and workshops, and organizational change consulting to government agencies and commercial organizations using these models and other industry best practices. Click [here](#) (for Comskil's Training page) to see Galina's Possibility Thinking Framework helping individuals and organizations to imagine and achieve previously unobtainable goals. Ms. Knopman is an instructor for the California Institute of Technology providing Leadership Development workshops to aerospace corporations worldwide. Ms. Knopman's background in software and systems development at NASA, the Air Force and at the Pentagon provides her an affinity for working with technical individuals and specialized organizations.

Education

Galina is a lifetime learner—integrating each new learning and all of who she is—with the goal to maximize her client's transformational growth. She has an Executive Master's Degree with Merit in the Neuroscience of Leadership from Middlesex University, and is a graduate of Georgetown University's Leadership Coaching Program. Ms. Knopman's Master's thesis was "For Organization's to Successfully Change, Must the Individual's in the Organization Change?". Galina holds many certifications. She received her Bachelor of Arts from Temple University, and attended SEA Semester at Woods Hole Oceanographic Institute for a semester at sea.

Experience

Ms. Knopman is known for her keen instincts that bring powerful client insights to the surface. She shares her commitment to achieve client's goals, dreams and aspirations and has a way of seeing and unleashing each client's talents and potential. She applies her integrated knowledge of neuroscience, somatics, social cognitive psychology, and systems theory to help clients create a greater awareness and acceptance of self. Her knowledge of how the brain and body work and the complexities involved, enables her to implement methods of coaching to change thinking and behaviors that are direct, fast, and long lasting. She is respected for her ability to quickly identify client's self-made obstacles, then through techniques to envision their goals, helps clients to think in ways that support their goal achievement. Each client session produces tangible results. Her clients have changed their lives and successfully sustained these changes beginning with their first session.

Certifications

Galina is a member of the International Coach Federation (ICF) and is PCC certified. She's a Trauma-Informed Certified Coach (TICC) and holds a certificate in Attachment and Interpersonal Neurobiology in Couples Therapy. Ms. Knopman is a member of the DC NeuroLeadership Local Interest Group. Galina is an Atlassian Accredited Sales Professional, and previously held certifications as an Electrical and Electronic Drafter, and various Capability Maturity Model Integrated (CMMI) and Standard CMMI Appraisal Method for Process Improvement (SCAMPI) consulting, appraisal lead and instructor certifications.

Accomplishments

Ms. Knopman is the author of *Every Time I Diet I Gain 5 Pounds* which was a best seller on Amazon and is available also at Barnes and Noble. She is a photographer and artist; her pieces are currently sold at Art Provo in Turks and Caicos and occasionally exhibited locally. She is published in technical journals internationally, is a frequent guest lecturer at conferences and has presented talks on leadership coaching at events sponsored by the U.S. Bureau of the Census and the Mid-Atlantic Region Woman in Technology. She was voted a top ten speaker at SEI's SEPG conference in 2008 and was honorary guest speaker at Brandeis University National Women's Committee. Her musical composition can be found on SoundCloud.

Ms. Knopman volunteers as a facilitator, coach, and assistant with Smiles on Wings non-profit organization to provide dental/medical care, humanitarian aid, and educational aid to improve the overall health and well-being of under-served communities. Galina enjoys playing her flute and guitar, composing music, and being with her amazing Comskil team, and her fabulous friends and family.