



Katherine Woodward Thomas presents

Conscious Uncoupling

Coach Directory



Meet Your Coaches



A Warm Welcome to your *Conscious Uncoupling* Community!

We are a body of *Conscious Uncoupling* Coaches trained and mentored by *New York Times* best-selling author, Katherine Woodward Thomas, and with years of experience coaching people through the *Conscious Uncoupling* Journey. We've been honored to serve and support this heart-healing community along with our Tribe Ambassadors since its inception.

We are very grateful to have you here with us. We want you to know that we are standing with you so that by the end of our time together your heart is lighter, your mind is at peace, and your spirit is liberated and soaring towards new possibilities.

How to connect with us directly

You can find our contact information by using the *Connect with a Coach* link on the top of our community page.

Any of us are happy to offer one **Free 15-minute Mini Laser Coaching Session** to you at any time during your Quest. Simply reach out to us directly through the contact information provided in the directory below to arrange your session.

We are also available for **private, one-on-one Coaching Sessions** and work internationally via zoom or telephone. Should you wish to connect with one of us for a session or a series of sessions, we are happy to provide coaching at a discounted professional rate of \$150 per hour session (normally our fees range from \$250 to \$300 per hour).

We wish you all the happiness in the world. We know that all you are doing to heal your heart will bear much fruit in your future.

With love and our Warm Blessings,
Your *Conscious Uncoupling* Coaches

Lina Shanklin, Prem Glidden, Jeanne Byrd Romero, and Jennifer Zundel



Lina Shanklin MA, MS

SENIOR COACH | Los Angeles, CA

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There is light ahead! A highly experienced love and relationship transformation expert and professional coach, Lina brings powerful insight and clear steps to guide her clients through a life affirming alternative to painful breakups and divorce. In her international practice with people, she works with warmth, intuition and insight, bringing her unique psychological, spiritual and heart-healing approaches to helping her clients shepherd their relationship to a healthy, honorable completion.

Lina is devoted to turning the experience of loss and heartbreak into a profound opening for deep change and lasting liberation for her clients, regardless of history, current circumstances or willingness of a partner. She welcomes clients at any point in their journey, whether seeking clarity on the choice to stay or leave, experiencing deep shock and grief from a breakup, in the midst of a separation or divorce, or struggling with co-parenting or persistent unhealthy relationship dynamics.

She expertly guides her clients through a series of lasting breakthroughs and improved dynamics in her advanced Conscious Uncoupling sessions, leaving them revitalized and poised to step into an expanded world of richer relationships, and when ready, to confidently welcome a happy, healthy, lasting love. It was her own conscious uncoupling after a 14-year marriage, that challenged and grew her in profound ways, opening the path to an unprecedented future in every area of her life, and her own profoundly happy, loving relationship with her beloved, David.

Personally mentored by Katherine Woodward Thomas, Lina is a founding member of the senior coaching teams for Katherine's coach trainings and global courses. She is a Senior Calling in "The One", Conscious Uncoupling, Feminine Power Leadership Coach, and practitioner/ teacher of several powerful, alternative transformative deep change modalities, including Advanced Reference Point Therapy and DNA/ThetaHealing, drawing from discoveries in neuroscience, spirituality, and wellness on behalf of her clients. She offers workshops worldwide.





Jeanne Byrd Romero MS, BFA, INHC

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Jeanne tenderly and masterfully guides people through the Conscious Uncoupling five-step process, freeing them from painful patterns of the past, and liberating them to create happiness in their future. She brings wisdom, reverence and compassion to the uncoupling process, enabling people to experience wholeness, wellbeing and freedom on the other side of the breakup.

Utilizing her 29-year film career, Jeanne launched her e-course Wake Up to Your Deepest Desires and Reignite Your Life. Her video summit, Reignite Your Life, Women 50+, Reboot and Revolutionize Your Midlife, an inspirational video summit with 24 women experts, inspired thousands of women to be fueled with possibility and confidence to create the life of their dreams.

Personally mentored by Katherine Woodward Thomas since 2005, Jeanne is also a Senior Calling in "The One" Coach and Facilitator, and a Senior Feminine Power Coach and Facilitator. She is also a certified Health and Wellness Coach with the School of Integrative Nutrition in New York; and currently working on her graduate degree to round out her mind-body-spirit approach, using her advanced skills as a visual artist to help clients laser in on the most potent vision for their lives.

Jeanne lovingly navigated her own intuitive conscious uncoupling from her marriage of 16 years and has happily been married again for 10 years.





Prem Glidden

SENIOR COACH | Delray Beach, FL

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Prem Glidden is an International Transformative Coach and Teacher deeply committed to “being the change she wants to see in the world.” She is a powerful guide in supporting you to achieve your greatest possibilities in life and in love.

Having worked with Katherine for many years, she is honored to be one of the Senior Certified Conscious Uncoupling Coaches that will be supporting you on this journey of transformation.

As a Conscious Uncoupling Coach, she has successfully supported hundreds of individuals and couples navigate the ending of their relationship with kindness and generosity as they heal their heart and find a sense of wholeness and well-being again.

Also Certified as a Sr Calling in “the One” Coach, a Certified LifeLine Practitioner and a Teacher of Kundalini Yoga, Pranyama and Meditation, Prem combines practical ability with powerful wisdom and intuition. She offers a deep love and compassion that will assist you in letting go of the painful patterns of the past, while teaching you the skills and capacities you need to create and sustain a healthy and happy life as you move forward.





Jennifer Zundel

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Are you feeling devastated from disappointment in love, when you really want to be happily partnered in a loving relationship? Before this work, Jennifer found herself repeatedly in relationships that weren't right for her, and then spending years getting over them. Yet all the while, she felt her chances for having a family slipping away because she was wasting time stuck in the past, and had closed her heart to new love.

Jennifer started as a Calling in "The One" Coach supporting singles to find love, and then became a Conscious Uncoupling Coach as well, because on your way to finding love, the quicker you let go of 'Not The Ones', the sooner you can get back on track to manifesting happy, healthy love.

Having lived in Italy many years, she speaks Italian, and previously taught English as a Second Language, so welcomes international clients. She's also a visual artist, and plays violin.

Jennifer holds a space of profound compassion for clients feeling confused and alone at the end of a relationship. She can guide you through the heartache of disappointment, and support you to gain the insights you need, so you are free to move forwards and create the happiness in love you truly desire.

