

MEDIA KIT



Guidance. Adventure. Clarity.

Visualize the path your choices have created and actively shape the direction where your future choices will lead you.



KIM DEYOUNG

Choice Coach | Facilitator | Author | Speaker

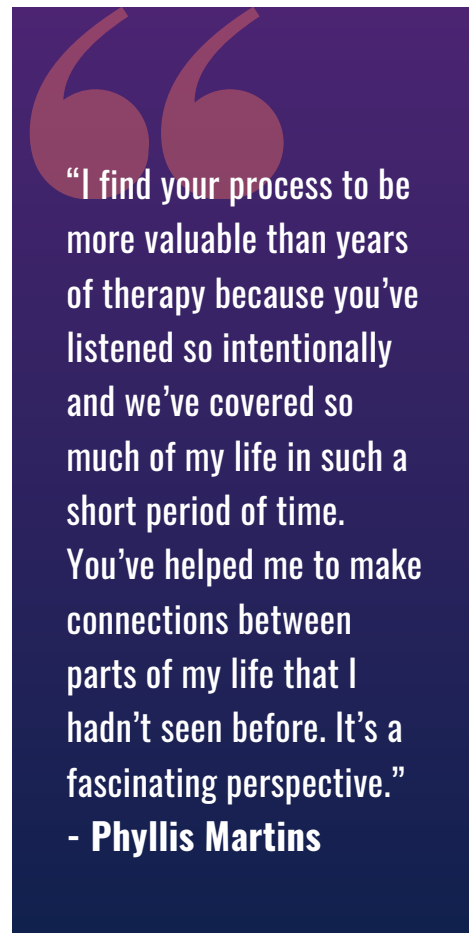
ABOUT KIM

Kim DeYoung, a seasoned choice coach, facilitator, speaker and author, brings over two decades of experience to the realm of coaching visionary entrepreneurs. Her work has empowered countless individuals to make impactful choices, turning their visionary ideas into reality. In *The Book of Choice*, Kim encapsulates her profound understanding of intentional decision-making, offering readers practical tools and insights for living an examined life

Kim's journey began in the high-energy world of the fashion industry, where she honed her skills in a corporate environment, working with dynamic teams that ignited her passion for success. Transitioning into entrepreneurship, she discovered her true calling in guiding people to make intentional choices, impacting both their personal and professional lives.

Her workshops provide a nurturing space for individuals to explore their choices, examine their lives and find clarity and direction to achieve their goals. Additionally, as the host of the podcast *The Voice of Choice*, Kim extends her influence by exploring the compelling stories of everyday individuals who've made choices that significantly impact the lives of others.

With her unique blend of expertise, compassion and positive energy, Kim is highly sought-after as a coach, facilitator and speaker, inspiring individuals to make meaningful choices that create lasting impact.



“I find your process to be more valuable than years of therapy because you’ve listened so intentionally and we’ve covered so much of my life in such a short period of time. You’ve helped me to make connections between parts of my life that I hadn’t seen before. It’s a fascinating perspective.”

- Phyllis Martins

SPEAKING TOPICS

✦ Bringing Intention to Choices

✦ The Shame of "Bad" Choices

✦ Professional Choices

✦ Personal Growth + Reflection

✦ Personal + Relationship Choices

✦ Young Adult Decision-Making



Keynote Overview

How a Choice Can Change Your Life

A 45-60 minute interactive keynote by Kim DeYoung with options for adding audience Q&A, and experiential workshops.

Have you ever made a choice that you later realized had a bigger impact than you expected?

In her captivating presentation, ***How a Choice Can Change Your Life***, Kim delves deeply into the significant impact our choices have on our personal journeys. With a warm and engaging style, she prompts us to look inward, reflecting on the decisions we've made. Kim brings to light a beautiful truth: our choices are not just decisions, but stepping stones to growth. She encourages us to meet ourselves with forgiveness and kindness, transforming our past choices into lessons, not regrets. Her message is clear and empowering: by making thoughtful choices, we hold the power to shape our lives. You'll leave Kim's talk not just feeling inspired, but equipped to consciously craft a future brimming with potential and change.

TAKEAWAYS

Awareness of Conscious Decision-Making

Participants leave with a **commitment** to more thoughtful and deliberate decision-making in their lives.

New Lens on Choices as Catalysts for Growth

Attendees **gain a new perspective** on challenges, seeing choices as opportunities for personal growth.

Greater Forgiveness and Self-Compassion

Participants leave **embracing their humanity** and approaching future decisions with a forgiving attitude.

“A powerful exploration of conscious decision-making and the transformative potential of choices & a poignant reminder that our past choices are valuable lessons, not burdens.”



Client Testimonials

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“Kim has **an uncanny ability to ask just the right questions at the right time**, to do a safe deep-dive into what your decisions have created in this life of yours. How can you put a price on this awareness? This kind of work is profoundly personal and spiritual, yet **has enormous impact** in your relationships, businesses, confidence and personal power.”

– Teri Goetz



“

“None of my current growth would have been possible without this work. **Kim’s process is perfect for anyone going through transition**, which is a time of overwhelm. When you can learn from, and visually see, the repercussions from the choices you’ve already made, the clarity moving forward is incredibly valuable.”

– Laura Campbell



“

Creating my map with Kim was a liberating experience. Her attentive listening and genuine care allowed me to let go. Seeing my map, with branches stemming from my initial choice, honored the unknown and taught me it's okay to have unresolved questions. **Kim's process provided closure on persistent thoughts and offered a new perspective**, opening me up to a journey, even without a clear destination.

– Allie Evans



Workshops + Services

Every choice, whether monumental or minor, contributes significantly to your life narrative and personal growth. Choice coaching centers on recognizing the profound impact of your decisions and how they intricately shape your journey. It's an exploration into the myriad of choices before you, understanding the values, beliefs and goals that steer these decisions. Together, we'll engage deeply with the choices most relevant to you—be it in career, family, personal development, or other vital areas of your life.

Choice Mapping is designed to illuminate your decision-making path. This innovative method visually represents your choices, providing a clear and insightful perspective on how each decision influences your life's trajectory. This coaching journey is not just about reflection; it's about empowerment. It encourages you to embrace your role as the active architect of your story, fostering a more mindful and intentional approach to life.

In our sessions, I offer a safe, open and curious space, encouraging exploration into the depths of what might be currently unseen or untapped. This approach allows for the discovery of new possibilities and paths, helping to reveal and clarify the often complex tapestry of choices that make up your life.

Individual

The Momentum Experience

A 45-minute session designed to help you break free from feeling stuck. It's ideal if you have something you're eager to progress in but find yourself unable to. In this focused session, I'll delve into the root causes of your stagnation, and work with you to develop clear, actionable steps so you can move forward and achieve what you've been longing to accomplish.

Individual

The Possibility Experience

Whether you've moved on from a career, a relationship, or an old version of yourself, this intensive experience is crafted to help you embrace new possibilities and step into 'what's next'. Join me on this journey to uncover and pursue what genuinely matters, identify what could hold you back, and most importantly, explore what is possible in your next chapter.

Cohort Experience

Choice Mapping Mastery

Embark on a 6-week journey of self-discovery with my Choice Mapping program, a unique tool for visualizing and navigating the pivotal decisions that shape your life. Perfectly tailored for everyone from self-help enthusiasts to life coaches, to those navigating life's crossroads, this program guides you to a deeper understanding of your life's choices.

Certification

Choice Mapping Certification

Coming soon: Designed for coaches and therapists who want an advanced tool to take clients deeper into past and present choices, supporting them to make decisions aligned with their authentic selves. Learn a practical framework that guides people from confusion to clarity—helping them uncover what matters, work through limitations, and create meaningful change.



“Kim opened me up to share things I’ve never even said out loud before. There’s something incredibly therapeutic about having someone look at your choices from the outside and then present them to you in a completely different way, without judgment.”

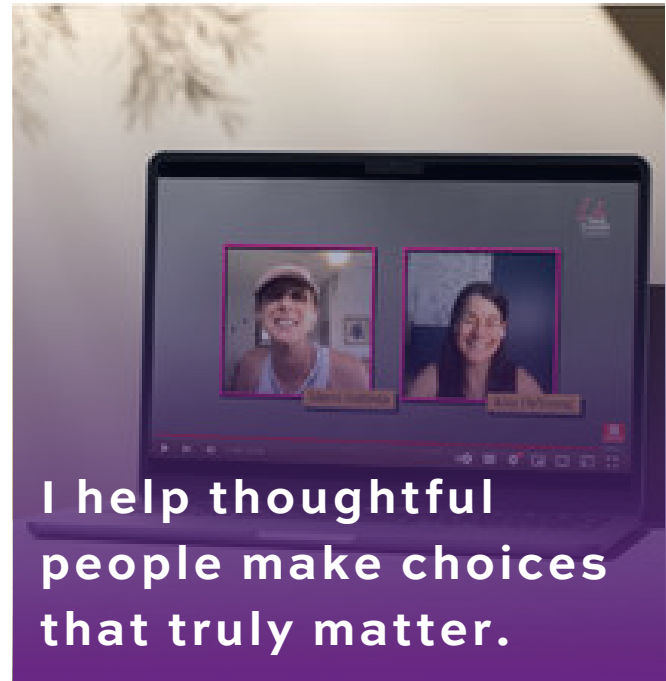
- Patricia Cozine

MEDIA

Choice coaching is about recognizing the power of decisions, both big and small, and how they shape your life. It's about exploring the choices that lie before you and understanding the values, beliefs and goals that guide those choices. Together, we'll delve into the choices that are most pertinent to you, whether they relate to career, family, personal growth or other areas of your life.

Making the right choices to make that happen can be hard. My Choice Mapping experiences give you space to assess your choices, why they matter, what's holding you back, and what is possible.

My unique approach provides a safe, open and inquisitive space that enables you to explore what may be unseen and untapped.



Recent

Achieve Your Goals | Hal Elrod
[How Changing Your Choices Changes Your Life](#)

Midlife CEO | Jeannie Spiro
[The Power of Your Choices](#)

From Artist to Artpreneur | Tina Reimer
[The Art of Making Choices](#)

Life Check Yourself | Marni Battista
[How Choice Can Change Your Life](#)

Fraternity Foodie | Michael Ayalon
[How Can Today's Students Overcome Their Fear of Making the Wrong Choices?](#)

Crystal's Mag | Crystal Spot
[Choices Unveiled: Navigating Beliefs, Money, and Decisions](#)

Suggested Questions

- What does it mean to live an examined life and why is it important?
- Can you give us some examples of the different types of meaningful choices people make?
- What is the Choice Mapping process? How does it help people make choices more thoughtfully?
- What are some common obstacles people face when trying to make intentional choices, and how can they overcome them?
- What are some healthy coping mechanisms that can be used to process and move on from feelings of shame and guilt?

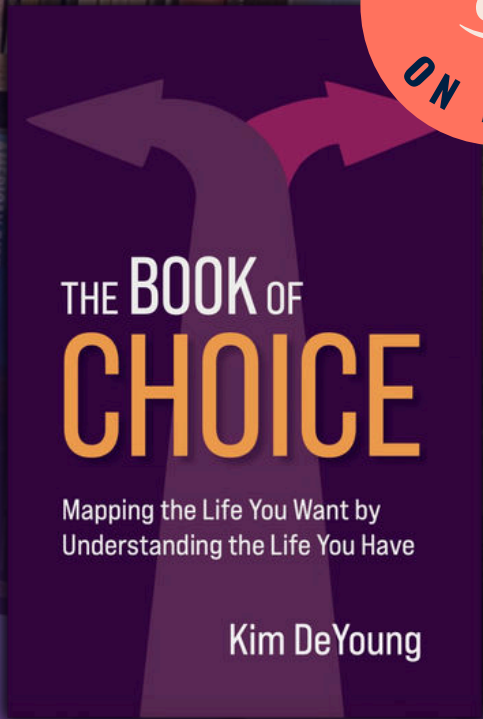


My Book

"An essential read for those who yearn for purpose and guidance in their lives."

A true masterpiece! The captivating narratives ignite a profound sense of inspiration and motivation within, empowering readers to take control of where their lives are heading."

Kathe Crawford
Author of *Unlocking Secrets*



The Book of Choice is a wake-up call to become present to the impact of our choices.

In *The Book of Choice*, Kim DeYoung introduces a revolutionary approach that will not only change how you make choices and navigate life transitions, but also how you think. Drawing on years of experience and research, Kim unveils her structured and creative technique for making decisions with confidence and clarity. Through the Choice Mapping method, you will learn to tap into your inner wisdom and gain confidence to make thoughtful choices aligned with your values and goals. Let this remarkable book become your trusted companion, your guide through fear and indecision, your manual of self-discovery and personal growth.

"This book is a serious game changer. In clear, honest and practical language, DeYoung bring us to a deeper understanding."

"Smart, useful and beautifully written. This is a book to **read through and then return to** as you grow and move through your life."

"A masterpiece. Prepare to be captivated, inspired, and equipped with the tools to unlock your full potential."

Kim DeYoung is a seasoned choice coach, facilitator, author and speaker with a passion for guiding individuals towards making purposeful choices. With over two decades of experience coaching visionary entrepreneurs, Kim has helped numerous people bring their ideas to life through intentional decision-making. Her unique blend of expertise, compassion and positive energy has made her a sought-after coach and speaker, inspiring others to make meaningful choices that create lasting impact.










DEYOUNG *Kim*

LEARN MORE

Visualize the path your choices have created and the direction where your future choices will lead you.

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