



Melissa Hersh, Owner/Principal
Answers Within
Executive Leadership Coaching, Leadership Development
Consulting, Team Facilitation
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My Coaching Philosophy

I approach coaching with the belief that my clients are whole and resilient people and hold their own answers within. Through intentional conversation, I raise awareness, provoke new learning and help clients shift behavior to improve their leadership effectiveness and reach professional and personal goals. My approach includes the offer of various leadership resources and the co-creation of experiments and practices. Through powerful conversations, clients discover and clarify their path forward. Client goals have included strengthening impact and influence, building resilience, mindfulness, happiness, purpose, connection and leadership presence.

Answers Within also offers team facilitation, leadership development workshops, and business consulting focused on building trust, connection and resiliency. Learn more [at my website](#) and [LinkedIn profile](#).

How to Get Started

Coaching usually starts with a brief introductory phone call to review goals and establish "chemistry" to determine if we are a good coach/coachee match. Once there is mutual agreement, a coaching contract is established which includes identifying specific goals for the engagement with a time line. To set up a call, please email info@answerswithinmdh.com or call me directly at (802) 309-4991.

More About Me

I am happiest when reading, writing, listening and sharing knowledge in community with others. My coaching/consulting practice brings me great joy; I learn so much from my clients.



Throughout my career and in various roles I've forged strategic partnerships that empower talent development of managers and leaders. I have supported over 500 professionals through management training and executive development programs. My purpose is to help leaders achieve the greatest positive impact in their organizations and most importantly with their people.

My formal education includes degrees from New York University and Antioch University New England Graduate School and a Certificate in Leadership Coaching from Georgetown University. For more information, visit the [Answers Within website](#).