

Frances Kirson (Pre-Affiliate)

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Location: Vancouver, BC, Canada

Sessions: In-Person, Telephone, Online

Bio:

Frances Kirson, MA, CPCC, PCC, is a coach, educator and consultant specializing in wellbeing, leadership and social sustainability. Frances trained as a facilitator of Mindfulness-Based Chronic Pain Management (MCPM™), with Founder, Dr. Jackie Gardner-Nix, a physician and chronic pain consultant at St Michael's Hospital, Toronto, Canada, Medical Director of the NeuroNova Centre and Associate Professor at the University of Toronto.

Frances has worked with individuals, groups and communities for over 20 years, facilitating positive change. She has designed mind-body fitness and lifestyle programs for people of all ages and facilitated education programs for healthcare providers, front line assistants and people living with chronic pain. She's also led community based health research projects designed to improve self-efficacy for those living with health and pain challenges.

Frances is an instructor at the British Columbia Institute of Technology, where for over a decade, she's coached, instructed, and for a period, led the Leadership and Management Degree, including the health specialty stream. Frances holds a Professional Certified Coach (PCC) designation from the International Coach Federation (ICF). She is a member of the ICF, and is a past director on the board of the ICF Vancouver Chapter, and is an Affiliate Member of the Institute of Coaching, at McLean Hospital, Harvard Medical School affiliate. Frances has a MA in Development Planning, a BA in Sociology, a Kinesiology Certificate in Health and Fitness and a Certificate in Early Childhood Education. In addition to being certified in other assessment tools, she is certified to use Lumina Learning assessments, Emotional Intelligence In Action and Brief Action Planning for healthcare coaching.