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Cary Coach Awarded Certified Coach Designation

Cary, IL March 7, 2007 – Victoria Cook, The Guilt-Free Coach, of unincorporated Cary IL, earned her Associate Certified Coach (ACC) designation from the International Coach Federation (ICF) during the first quarter of 2007. The ACC is a credential encouraged by the ICF signifying a coach has met rigorous skills requirements, and proficiently applies the 12 Core Competencies in their coaching. As of this writing, Cook is the 4th coach in Lake County awarded the ACC and one of only 24 ACC designees in Illinois. “This certification demonstrates my commitment to providing clients with first-rate coaching services,” said Ms. Cook. “I’m honored to be one of the leaders within my coaching community committed to professionalism and upholding the ethics and standards set by the ICF.”

Ms. Cook is a graduate of The Coaches Training Institute coaching program out of San Rafael, CA, and Founder of **The Guilt-Free Coach**. She helps ambitious working Moms live **Guilt-Free** using her 4-step process for reclaiming time and energy to accomplish what really matters. After working with Victoria, clients feel they have greater balance in their life, excel in their business and, **most importantly**, have more time for themselves and their families. Frequently quoted in newspapers and other publications, Victoria herself is an ambitious working Mom of two and has been joyfully married to her husband, Brian, for 12 years. For additional details about The Guilt-Free Coach, contact Victoria Cook at 847-516-0190 or go to www.TheGuiltFreeCoach.com.

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You can find high resolution photos and detailed bio information at

http://www.theguiltfreecoach.com/media_room.htm