Caroline Brothers is a Certified Life Coach, Mom and Recovering Type A personality who supports and empowers women navigating life’s gritty transitions. Caroline specializes in partnering with women to help them connect with themselves and create space in their lives to maintain their identity and fulfill their needs while balancing Motherhood and life. She is a graduate of IPEC, an internationally accredited school for coaching and holds CPC and ELI-MP certifications. She studied violin, piano and guitar from an early age and holds an undergraduate degree in English and Textual Studies from Syracuse University.