

Shoshanna Hecht is an Executive and Personal Coach based in New York City, with previous experience of over 10 years as a clinical therapist on the West Coast. Through her private coaching, group coaching program, and workshops, Shoshanna combines her depth of experience and training to partner with clients to help them take concrete and powerful actions toward their goals. Her mission is to help clients build confidence, sharpen communication, and find clarity on their vision for their personal and professional lives. Foundational to her approach, Shoshanna is a firm believer that we hold all the answers within ourselves, and finds it a true privilege to help people discover these answers, and to break through any internal barriers so that they can move forward powerfully and thrive.