HRD CORP
HUMAN RESOURCE DEVELOPMENT CORPORATION

COACHOLOGY

CRISTY APHIMONTHOL

MCC certified ICF Coach & Mentor, Master Facilitator, Managing Director, Wellness Consultant, Phd. Candidate

Cristy is a Serial Entrepreneur, Consultant, Phd. Candidate, and Coach who provides marketing and strategic business solutions, utilizing multiple consulting and coaching methodologies within various industries.

As Managing Director of Coachology, Cristy is passionate about supporting others with their Business growth, Sales & Marketing, and Team Communications. Her qualifications include Marketing and Business Bachelor and Master degrees, along with NLP Master Practitioner & Master Coaching credentials, Hypnotherapy, MCC Certified Coach under the ICF. These qualifications & experiences ensures that Cristy can help both individuals and companies achieve their results and outcomes.

As a Professional Coach, Therapist & Healer, she specializes in helping her clients resolve inner conflict, depression, OCD, anxiety, trauma and many kinds of addictions. As a Corporate Facilitator & Consultant, Cristy is passionate about helping companies create their Strategic plans, Marketing plans, Business Development plans, Corporate Wellness Programs and all kinds of communication & conflict resolution.

With over 25,000 hours Coaching & Training experience & a current PhD Candidacy in Alternative Medicine, Coach Cristy will share proven tools & techniques to Empower yourself, to achieve ANY Goal you desire. Her passion is helping Women develop loving relationships, grow their dream businesses, and unleash super-confidence so they can fulfill their dreams & destiny.

Cristy has knowledge and experience necessary to facilitate, promote and support individuals and organizations to reach their next level of Succes.

Cristy creates an inclusive and supportive work environment where individuals from diverse backgrounds can thrive. She is dedicated to breaking down barriers, promoting equity, and fostering a sense of belonging for everyone within her organization. By championing DEIB, Cristy sets an example for her team and inspires others to embrace and support these principles both in the workplace and beyond.

(TH) +66 091 982 0321 | Cristy@coachology.com | www.coachology.com