



Monica Gelinas

Executive Director

Monica earned a B.S. in Elementary Education and an M.A. in Learning Disabilities from the University of New Mexico. She is a certified Mindful Self-Compassion Trained Teacher from the Center for Mindful Self-Compassion, Practitioner in Applied Positive Psychology from the Flourishing Center in NYC, and certified in Life Coaching from the Coach Training Alliance. Monica is also the founder of New Season New Vision Life Coaching and author of Savor the Day, an interactive journal to inspire gratitude.

She has experience working with people navigating life transitions and coaching them to move forward and embrace a flourishing life. Monica is a mother of quadruplets and this unique perspective and heart for children inspires her work every day.