

Jess Giffin, MPH, CHES, CIC, NBC-HWC Senior Manager, Health and Wellbeing at the YMCA

As a busy working mom of three school-aged kids trying to balance my career, home, relationships and my own well-being I know first-hand how powerful health coaching can be. Working with a Health Coach gave me the space and support to clarify my thinking, identify priorities and create a plan to make changes and find balance in my life. I am now a Board-Certified Health and Wellness Coach trained in the Intrinsic Coaching methodology with a Master's degree in Public Health. I have been coaching individuals and groups through the YMCA's Kickstart Your Confidence and Diabetes Prevention Programs for over 5 years and love the process of partnering with people to guide them in creating change in their lives. You can count on me to support you in setting goals and to be your accountability partner until your desired outcome is achieved. Outside of the work I do at the Y, I love practicing yoga, live music, skiing and hiking. I live in Denver with my husband, our kids and dog, Piper.