



MJ Impastato

MJ is a professional leadership coach and speaker. Her goal is to help individuals and organizations reclaim their mojo by identifying the limiting beliefs and patterns that hold them back from reaching their full potential.

With a focus on empowering heart-centered leadership, MJ's approach is rooted in compassion, empathy, and vulnerability and she creates a safe space for clients to explore their inner selves and unlock their potential.

MJ helps people become the leaders they are meant to be by uncovering and removing unhealthy patterns. Her warmth and deep intuition help people heal, accept themselves, and ultimately live happier lives. MJ has worked with hundreds of individuals and teams to restore them to their true selves -- moving from surviving to thriving -- in their lives and businesses.

MJ is a native of Louisiana and currently lives in Atlanta, GA. with her husband, Chris, and their German Shepherd, Khloe. MJ is a CPCC (Certified Professional Co-Active Coach), PCC (Professional Certified Coach) through the International Coaches Federation, and has also received training with the Center for Mind Body Medicine, NeuroLeadership Institute, and Positive Intelligence.

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