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[Home](#) > Printer-friendly PDF > Lucy Coppes (she/her)

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Wellness Coach

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Lucy Coppes has a Bachelor of Criminal Justice and has certifications in mind-body techniques and aromatherapy. A member of Sigma Sigma Sigma Sorority, she has worked in various positions within public health and welfare including juvenile probation and low income-affordable housing. Currently enrolled in a Master's Program at Phillips Theological Seminary, she personally knows how tricky it is to balance advancing your education and career while still making time for personal health and wellness. Coaching since 2019, her passion is to help people to navigate the ups and downs of life and develop the necessary resiliency and confidence to be able to achieve their personal goals.

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Links

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