



What Will Set You Free

Certified Coach

Louise Tallen, PhD, LSP

Louise is a compassionate, deep listener. She believes all of life is connected and that within each person is a divine, radiant being waiting to express. Louise's mission is to help each person with whom she works tap into their own essence to realize their own brilliance and magnificent creativity. Louise starts from the premise of wholeness. Rather than seeing people as broken and in need of being fixed, Louise sees each individual as a whole human being and works with people from that perspective.

Louise has been a Licensed Spiritual Practitioner since 2006, and has a thriving coaching practice working with individuals, couples and non-profit groups. Louise holds a PhD in Medical and Psychological Anthropology, and brings to her coaching work the deep listening skills and radical acceptance that have facilitated her work with vulnerable populations across the United States.

Louise strongly believes in serving her community and currently serves on the Boards of Lexington Fairness, a local non-profit which advocates for equal rights for the LGBTQ community, and The Tweens Nutrition and Fitness Coalition, which advocates for Food Justice and healthy living for underserved populations. In addition, Louise is co-founder and co-Chair of the Bluegrass Rainbow Faith Communities (BRFC), a coalition of faith communities across central Kentucky that are open and affirming. BRFC has a special focus on the health and wellness needs of mature and older LGBTQ adults.

Louise also believes in the power of play to expand lives. She is a member of a professional Improvisational Theater team, which performs regularly in Lexington, Kentucky and she uses improv tools with clients to help them unleash their creativity and increase their confidence. **Contact Louise:** Tallen.Let@gmail.com