



Terrence Coel

Coach / Facilitator

Terrence partners with clients to co-create a winning vision for sustained success.

Understanding that no two people are alike, his approach is tailored to the individual leader to develop customizable action plan.

Clients appreciate Terrence's ability to:

- Balance empathy with accountability
- Lead with curiosity to uncover blindspots
- Begin with the end in mind
- Bring enthusiasm and excitement to coaching sessions
- Meet them where they are and arrive at desired outcomes

Areas of expertise:

- Project Managers that want to identify behaviors that predict on time delivery
- Emerging Leaders that are looking to increase production while also developing their people
- Organizations who want to implement agile principles
- Individuals and teams that have a desire to leverage their emotional intelligence

More about Terrence

With over 27 years of combined Army and Federal government sector experience, Terrence has an extensive track record of accelerating growth with individuals, teams, and executives. He works across all organizational levels with experience in coaching, consulting, project management, and leadership development. Terrence graduated from Embry Riddle University with a Masters Degree in Aeronautical Science. He holds his Professional Coach Certification (ICF-PCC) and is a Project Management Professional (PMI-PMP). Terrence lives in Hampton Roads Virginia. He loves running, reading, and family events.

client testimonials

I was very skeptical about coaching, due to past experience. Terrence immediately changed that perception. He was nonjudgmental, and took the time to understand why my goals were important. His calm demeanor allowed me to be very honest about the challenges facing my team and myself if we did not deliver on time.

— Joe K., CDR, USN

Terrence is one of the most positive people that I have worked with. His “either you win or learn, but never lose” coaching approach left such an impact on how I react to setbacks and approach difficult tasks.

— Jeremy Y., Project Manager, Norfolk Naval Shipyard

Terrence helped me to identify my top strengths and develop a coaching plan to leverage them in a productive manner. He challenged me to utilize these strengths to improve communication with internal and external stakeholders.

— David H., Propulsion Manager, Navy Base Norfolk

client list

