



# PENNY CASSELMAN

Life Coach | Author | Blogger

## INSPIRING & COACHING PROFESSIONAL WOMEN TO CREATE A LIFE THEY LOVE

Penny Casselman is a Certified Professional Coach, author, and blogger. As a breast cancer survivor and former corporate ladder climber who lived through three unexpected downsizings, she knows circumstances can change in an instant. She's passionate about her work with women because she realizes it shouldn't take a life-changing event to dream, build, and live a life you love.

Penny spent over 20 years working for both Fortune 500 companies and start-up ventures. After developing an ulcer, she walked away from the unrelenting stress of corporate America - because her health was worth more than a paycheck. As she began exploring entrepreneur options, the unthinkable happened, Penny received a breast cancer diagnosis. During the next two years, she focused only on returning to full health. It was during these dark, uncertain, and unfamiliar times that her passion for helping others was ignited, and Penny began her path as a life coach.

Penny lives in a 100-year-old Tudor home in OH, where she feeds her passions for DIY projects, vegetarian cooking, and craft cocktails. You can find her online at [www.PennyCasselman.com](http://www.PennyCasselman.com).

### FEATURES

**NATTY** *Gal*

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### AREAS OF EXPERTISE

- Cultivating Confidence
- Promoting Positivity
- Embracing Change
- Eliminating Excuses
- Navigating a Breast Cancer Diagnosis

### CONTACT

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