



ILANA LABOURENE



Sparking the bold from within

Specializing in coaching clients to develop confidence, creative inspiration, and presence using tangible performance and coaching techniques.

Get in touch!

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Specializations

- Stage and Leadership Presence
- Performance and Presentations
- Improvisational Speech
- Stress and anxiety management
- Mindset shifting
- Health and Wellness

Additional Qualifications

- Award winning actress with over 20 years of performance experience
- Professional Improviser (Tokyo Comedy Store, HumorMill Orlando)
- Award winning Toastmaster (Best Improvised Speech and Evaluator Awards)



Work Experience

Performance Coach

Sparklight Coaching | October 2020 - Present

- Coaching clients on communication and performance goals such as public speaking, improvised speech, voice over, and acting
- Using performance based methods such as improvisation and vocal techniques to stimulate creativity and help the client find their unique voice
- Exploring clients' internal blocks causing performance anxiety while inspiring bold and authentic speech

Integrative Health & Nutrition Coach

ILANA INTEGRATIVE HEALTH | August 2020 - Present

- Coaching clients virtually and in person on their personal health goals
- Helping clients with fitness and weight loss goals, stress management, and habit changes
- Working with leaders and performers on their performance development, mindset, and nutrition to develop a wellness plan that suits their lifestyle

Wellness Coach/Social Media Manager

BEBALANCED HORMONE WEIGHT LOSS CENTERS

May 2021 - April 2022

- Worked with clients individually to assess their current state of health, set goals, and recommended the appropriate health program
- Guided clients through personal struggles and celebrated their wins during their 14 week program commitment and beyond
- Created engaging visual content for our Lake Mary and Ormond Beach centers through various social media outlets

Wellness Coach

BBP METHOD RESEARCH INSTITUTE | July 2020 - June 2021

- Advised back pain sufferers on how to treat their back pain holistically
- Worked with BBP staff to create and film demonstration videos for patients seeking back pain relief

Academic History

RESERO

ICF Certificate of Completion (pending) | Executive Coaching, 2022

- Used the ICF Core Competencies and Code of Ethics to create an experience that challenges one's ability to connect, change perspective and learn to be present in the NOW
- Mastered coaching on Emotions, Values, Perspectives and Presence
- Exercised executive situations like 360 reviews, feedback, and DISC evaluations

Psychwire

Certificate of Completion | Motivational Interviewing, 2020

- Learned to use psychological methods to evoke and guide a person through change when one is resistant or ambivalent to change
- Focused on acting as a guide to the client, but evoking change using tools like reflection, the OARS method, and identifying change talk

Academic History Continued

Institute for Integrative Nutrition

Certificate of Completion | Integrative Nutrition Health Coach, 2020

- Studied over 100 dietary theories and lifestyle coaching practices
- Focused on *primary* and *secondary* food methodology. Primary being emotional and lifestyle factors, and Secondary being food and nutrition

Parsons School of Design

BFA | Photography, 2008

Case Studies

Corey R.

Scenario: Corey works full time in IT, but is also a screenwriter. He has been dealing with writers block with his creative work, feeling unable to be productive and keep to his goals. He described his feeling as being stuck, compressed, and unable to breath. It was determined that the area that needed to be addressed was that his "writing room" needed to be reorganized in a way that suited his creative flow, but there was a fear in discussing this with his wife and taking action.

Outcome: One week after our session, Cory reported that he had taken action steps in discussing his creative needs with his wife, rearranging the room as he needed, and sat down to work. After reaching his alignment he reported that he was able to write productively for the first time in months and felt free and able to breath.

Julia R.

Scenario: Julia is fresh out of college and in the workforce, experiencing financial independence for the first time in her life. She expressed that she carried enormous anxiety around her ability to be financially independent, suffered from depression, and felt paralyzed to take action in gaining financial literacy. We arranged tools for her to use to manage her anxiety when she noticed her triggers, as well as set up a few action steps for her to make her overwhelming tasks more manageable.

Outcome: Two weeks after our session, she expressed how much more confidence she had felt in herself and her abilities to be financially sound and independent. She shared that she was able to work slowly down her "to do" list and felt a huge sense of accomplishment without becoming overwhelmed. She also expressed her ability to stop the anxiety before it took hold of her by utilizing the tools we had discussed, and overall felt a sense of confidence and freedom that she was unable to feel before.

Jared C.

Scenario: Jared has been working hard to establish himself as a musician and actor, but consistently felt like he was never doing enough. He felt frustrated, lost, and lacked confidence in himself and his future. We worked together to find clarity around what was important for him and what was needed in order for him to feel confident in the direction of his life. We were able to identify the triggers that sent him down hopeless thought spirals, and identified his strengths which he was unable to recognize before.

Outcome: We connected one week after our session, and Jared felt a new sense of motivation and confidence in himself. He had taken several steps outside of his comfort zone to make business connections for himself, and took bigger risks than he has ever taken before. He felt joy, pride, and "illumination" within himself, a fire that could perpetuate momentum towards reaching even bigger goals.

"I greatly appreciate Ilana and what she was able to help me with. Working on the doubt and turning it into action. Listened for keywords and turned it into drive. I highly recommend her!"
-Cory R. (client)

TESTIMONIALS
Ilana embodies "presence".
-Fred Bunsu (coach)
"Sign me up, I want what you have: that performance presence!"
-Diane D. (coach)

"The sort of open and safe communication Ilana provides makes me feel at ease during our sessions, and thus makes it easier to push past any limits..."
-Hanna S. (client)