



ASPIRE to learn new things. REALIZE your true potential. EMPOWER you to think differently.

[About Helene Klaassens, MA, CPC, ELI-MP](#)

Coaching is a powerful process designed to create lasting change. As Founder and Principal of A.R.E. Coaching + Mentoring, Helene believes that a good coach asks the right questions to empower individuals to create their own solutions – and become the drivers of their success.

As a transitional business coach, Helene partners with clients to help them manage change in their organizations or careers and in their personal lives. She works with mid-level professionals as well as those who are transitioning from academic to corporate settings. Using a results-oriented approach, she builds coaching partnerships that focus on both the present situation and planning for the future. Clients learn to accomplish better results on their own and realize their true potential through improved communication, focus, and accountability.

Helene obtained her coaching credentials through the Institute for Professional Excellence in Coaching (iPEC). She is a Certified Professional Coach (CPC) and an Energy Leadership Index Master Practitioner (ELI-MP). She is also a Healthcare Businesswomen Association (HBA) Rising Star, leading individuals and teams to greater accomplishments by coaching, mentoring, empowering, and instilling commitment.

Helene's client-focused coaching practice evolved from expertise gained during a 20-year career in the pharmaceutical industry. Prior to founding A.R.E. Coaching + Mentoring, Helene was the Senior Director of Market Research at a New Jersey-based global pharmaceutical company. In addition to her corporate executive position, she played an intricate role in developing mentoring programs and leadership development curricula. She holds a Master's degree in Administration and Supervision of the Educator/Trainer from Montclair State University, and an undergraduate degree in Sociology from William Paterson University.

