

Zoë Kobrin, LMSW, ACC

Zoë Kobrin is the Associate Director of Education and Programs at Wellness Foundation, a non-profit organization based in Sag Harbor, NY. Zoë is also a certified health coach with a background in counseling and corporate training. She earned her Master's degree in Clinical Social Work from New York University, an Associate Certified Coach (ACC) credential through the International Coaching Federation, and her certification as a Holistic Health Coach through the Institute for Integrative Nutrition in New York City.

Having begun her career as a therapist, Zoë became a health coach after discovering what she most enjoyed was helping her clients to improve their relationship with food—and seeing the many other positive changes that inevitably followed. As a health coach, Zoë works with individuals who want to improve their health and habits in a way that's flexible and free of restrictions. Whether the goal is losing weight, creating a manageable exercise routine, or avoiding preventable disease, Zoë's clients experience great success by making gradual and sustainable changes.

In addition to her private health coaching practice, Zoë frequently creates and presents seminars and webinars on topics including: *Eating Right for Life*, *Overcoming Procrastination*, *Motivating from Within*, and *Creating a Healthy Lifestyle*.