

# **Colleen Haggerty**

**Author, Coach, Speaker at self-employed**

Bellingham, Washington Area, , US

Author, Coach, Speaker

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## **Biography**

When Colleen was seventeen years old, she was in a car accident and lost her left leg. Her physical disability didn't keep her down for long. She spent her twenties exploring the limits of her body through various activities and adventure sports. It was when she married and became pregnant in her mid-thirties that she truly became disabled.

Her journey of walking through life on one leg not only impacted her emotional life, but it also informed her work life. She spent over fifteen years as a manager in the non-profit world, working to empower the underdogs to live a life of independence and meaning. This gave her first-hand experience with program development, motivating employees to be their best, and thinking outside the box.

Colleen is a professional speaker, certified coach and published author.

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## **Availability**

Keynote, Panelist, Workshop, Author Appearance

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## **Industry Expertise**

Professional Training and Coaching, Women, Social Services, Program Development, Alternative Dispute Resolution, Non-Profit/Charitable

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## **Areas of Expertise**

Forgiveness, Resilience, Mentoring, Acceptance, Disability, Mothering

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## **Event Appearances**

### **Keynote Speaker**

Prosthetics Outreach Foundation

### **Speaker**

Big Brothers Big Sisters

### **Keynote Speaker**

Team Survivor Northwest

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## **Education**

**Coach Training Alliance**

**Western Washington University**  
BA in Parks and Recreation Therapeutic Recreation

**Western Washington University**  
B.A. Parks and Recreation

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