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Charise's Story



Transformational Life Coach | Radio &
Television Host | Speaker | Writer |
Runner | Artist

Hi. I am Charise Colbert, transformational life coach and founder of Golden Life Living LLC. I help women reach their fullest potential and it is my mission to equip women for BETTER throughout the universe.

In 2012 I left an abusive marriage. At the time, I was plagued with shame and guilt. The negative feelings were pinning me down and preventing me from becoming the woman I wanted to be. In an effort to free myself, I began extensive research on self-reflection, personal development, happiness, and psychology. Ultimately, I made the choice to be BETTER and not bitter.

Through my journey of self-reflection and self-exploration, I developed the tools to become confident and clear on my life goals. Today I am a victorious survivor of domestic violence plus a confident and empowered woman.

Now I am teaching the tools I used to transform my own

life so that you, too, can pinpoint your goals and pursue them with confidence and clarity. With an emphasis on self-reflection and personal development, I draw my lessons from personal experience and comprehensive research. I meet you where you are now and help you make the shift into the great woman I know you're intended to become.

When I'm not coaching, hosting a television or radio show, speaking, or facilitating a workshop to enlighten, encourage, empower, and uplift women, I love to paint.

I'm also an avid runner and view the practice as being more about mental agility than physical speed.

I look forward to getting to know you and helping you make your life golden.

~ Charise ~

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