

Gretchen Hydo

Master Certified Coach | Author | Speaker



Considered by many to be one of Los Angeles' top coaches, Gretchen Hydo is a Master Certified Coach through the International Coaching Federation, a certified mentor coach, mesmerizing keynote speaker, and engaging workshop facilitator. She specializes in helping individuals, organizations and coaches make life changing transformations by breaking free of the rules and secrets that hold them back from living their most powerful lives. Her coaching and wisdom helps people create new identities based on their strengths and step into their best lives, achieving life-changing success both personally and professionally.

Gretchen is the author of the book, *Break Free From Your Dirty Little Secret: A Ten Stage Secret Breaking System to a New You*, and is dedicated to helping women break free from the shame of their secrets to step into bigger living.

Testimonials

"Engaging, on-point, dynamic, and inspiring. Gretchen is a top-notch speaker, who leaves her audiences changed."

Kaela P.

"Working with Gretchen has been a true pleasure and benefit - not only for myself, but for the groups of women she has helped these last few months at my organization. Gretchen is a natural coach, speaker, presenter, and guide - and her perspective is unparalleled."

Maribel H.

**Reader's
Digest**

**BUSINESS
INSIDER**

Chicago Tribune

FASTCOMPANY

BuzzFeed

HUFFPOST

Signature Talks

- **The Secrets that Hold Us Back and How to Break Free**
- **Is Your Identity Real or False? How to Tell and Why it Matters**
- **Create the Impact You Want - Leveraging Your Ripple Effect**
- **How to Stop Playing it Safe, Break the Rules and Create the Most Powerful You**
- **The Art of Negotiation**

