

MJR

COACHING +
CONSULTING



Bio: Mary Jo Romeo

At MJR Coaching+Consulting, Mary Jo brings decades of valuable experience to her individual, team, and corporate clients. She is known for her positive energy, passion for connection, and ability to see what can be. Partnering with Mary Jo enables coaching clients to turn their ambition into action.

Mary Jo is a [Columbia University Certified Executive Coach](#) and certified by the [International Coach Federation](#). Executives and emerging leaders rely on her experience leading national sales teams and growing businesses. For clients in a new role or changing careers, her laser-focus on agreed-upon outcomes fuels their success. A communications expert, she weaves in tools and techniques to elevate executive presence and communication. During a coaching relationship, various assessments are used to delve into thinking preferences, strengths, personalities, and how clients are seen by their colleagues, managers, and clients. Clients change in ways they never thought possible.

In addition to executive, career, communication, and transition coaching, Mary Jo also facilitates virtual and in-person workshops and consults with companies on business growth. Current clients include leaders from Chubb Insurance, Ingevity, LegalZoom, Reddit and others. Mary Jo co-founded UP Business Communications which trains tech start-ups and media companies such as Google, Business Insider, and NBC Universal, and continues to act as an advisor.

A highly regarded senior executive leading national sales and marketing teams, Mary Jo has worked at top companies including Gruner+Jahr, Johnson & Johnson, and The Weather Channel.

Dedicated to giving back and active in nonprofit women's groups, Mary Jo has led workshops and been recognized for her many contributions by the [YWCA of Greater Charleston](#) and [She Runs It](#) in New York. A Charleston South Carolina resident, Mary Jo donates her time to [College of Charleston MBA](#) program, [Rotary Club of Daniel Island](#), [YWCA](#), and other area non-profits.

Contact Info:

maryjo@mjrcac.com

914.806.0706

mjrcoachingandconsulting.com