

Betsy Leahy

Betsy is an awarding winning wellness & transformative travel coach and Founder of Love to Spa. Specializing in Life-changing spa experiences Betsy works with clients on keeping the transformation going after they get back home. A better return on their self-investment.

She founded LovetoSpa.com as a community of busy women and super mamas working to carve out time to be their best, mentally, physically, emotionally, and spiritually. It's also a portal for teaching and practicing practical self-care. And if you are looking for a spa, you can find out where to spa, and what to do, try and buy and read reviews

Prior to her work as a coach, Betsy worked for Merck as a Leader in the areas of Talent Development, Training, Change Management, Process Design, Continuous Improvement, and Accounting. Certification. Prior to Merck, Betsy worked at PricewaterhouseCoopers LLP in Audit and obtained her CPA.



RELEVANT WORK EXPERIENCE

- Named Best Women's Wellness Travel Expert by LUX Life's Travel and Tourism Awards. Betsy has also been featured in *Authority Magazine*, *Huffington Post*, *Bustle Elite Daily*, and *Healthy Minds Philly*, among other publications.
- Course Creator and Instructor for The Recharge (aka The Exhaustion Fix), Project Me Time, and How to Thrive During COVID-19.
- Talent Lead for approximately 2,000 Finance employees worldwide. Designed and deployed high-impact talent and leadership development programs. Defined and implemented the Compensation Career Framework and Competency Model for all Finance job families. Implemented High Performing Teams, including facilitation of Discovery Insights and coaching.
- Finance Learning and Development Lead for all technical, leadership, regulatory and compliance training for the division, as well as any financial acumen training company wide. Oversaw compliance and requirements for certifying internally developed finance training for continuing education credits.

EDUCATION AND CERTIFICATIONS

- M.B.A. International Business – Temple University
- B.S. Accounting – Pennsylvania State University
- Certified Leadership Coaching for Organizational Performance - American University
- Certified Health Coach – Institute for Integrative Nutrition
- Certified Workplace Mindfulness Facilitator – Mindful Leader
- Certified Practitioner & Facilitator, Discovery Insight
- C.P.A. – Pennsylvania State Board of Accountancy

MEMBERSHIPS

- Travel Coach Network – Founding Member
- International Spa Association
- Wellness Tourism Association.

EXPERTISE:

Wellness Trips, Destination Spas and Retreats

Wellness & Transformative Travel Coaching

Self-care

Mindfulness & Meditation

Stress Management, Burnout & Exhaustion

Lifestyle Design & Work/Life Balance

Wellbeing at Work

Executive Coaching

Career Development

Self-Care and Talent Management & Leadership Development connection

INDUSTRIES:

Spas Industry

Wellness Tourism Industry