

JUDITH Rapley

Judith Rapley, LCSW, a compassionate and dedicated professional, is a Licensed Psychotherapist & Life Coach, Owner and Founder of JMR Coaching & Consulting Services and Founder of her own non-profit, YOUmatter, a youth development social impact model focused on inter-generational mentorship, community service and global awareness. Her passion is providing individual and group personal development sessions and programs focusing on leadership, mental wellness and emotional wealth and their connection to our faith and spirituality. In these settings, she works with perfectionists, overachievers, "proclaimed" saviors and everyday heroes who may have lost themselves. She does this from lived life experience where her biggest life lesson can be summed in three words: Lead, not save.



Having earned a bachelor's degree in Psychology and Sociology from Houghton College, and a Masters in Social work from Columbia University, Judith has worked as a therapist and social worker across many non-profit organizations. She is a deeply respected advocate in the community, serving as a mentor, teacher, blogger, writer, leader and minister who fervently uses her skills, knowledge, strategies and resources to enhance the lives of those in need.

Additionally she currently serves as an elder in her church, New Life Fellowship and is on the alumni board of her alma mater Houghton College. Judith is also directly involved in volunteering her expertise and time supporting three other non-profits nationally and internationally. She is a highly regarded facilitator of eCornell courses in Women in Leadership and Entrepreneurship through Cornell University, one of the US top 10 Ivy League colleges, as well as on request as adjunct professor at Houghton College.

Her organization, JMR Coaching & Consulting Services' targeted long term mission is freedom & empowerment in financial, emotional, psychological, spiritual, racial, gender & cultural areas, by providing information, education, help in healing relationships and building communities, bringing joy, hope and service support towards reaching our God-given and God-designed destinies. Judith's love for God and her sincere desire to help others improve their quality of life, execute purpose and mission strategically and be in continuous evolution towards transformation and change, fuel and ignite her energy, purpose and passion.

Judith provides holistic support through personal counseling, coaching, mentorship and spiritual direction in her targeted leadership development to men and women, who are phenomenal at what they do in helping others but are challenged in taking care of themselves, their health, their relationships and their own needs and growth.

For this reason and on this topic, she authored an Amazon on-line best-seller and daily transformational devotional for leaders titled *Imperfectly Perfect: A 31 day Transformative Guide to Healthy Leadership that Begins with you*. She calls it that quick coffee or tea to start or end the day for those always pouring out to others yet struggling to get a sip for themselves.

Her most successful clients are those prepared to invest in changing the cultural messages, scripts, lifestyle and realities given that are not working for them anymore, who are tired of talking about it and are ready to take action to do things differently now!

On the fun side, Judith loves plants, lives to travel, and on her 50th birthday decided to set a goal to see if she can get to the 25 countries on her life list within the next 15 years. She has 7 checked off and 18 to go!

You can reach her by going to her website JudithRapley.com and subscribing to her blogs or connecting with her on FaceBook & IG at [JudithRapley Life Coach](https://www.instagram.com/JudithRapleyLifeCoach) to be connected and receive updates on all endeavors, events, tips and inspirations to improve, enhance and transform your personal and business journey.

