

Sydney Davis

An inspirational force of energy, humor, and authenticity, Sydney is a committed life changer. Sydney is a natural coach with a deep curiosity within herself and a natural ability to help cultivate it in others. Throughout her professional journey, Sydney has worked with various populations from young children to senior citizens and a wide variety of environments from corporate, to non-profit and community and educational settings. It is her wealth of experience that has helped her develop a strong appreciation for our multi-generational workforce and deepen her understanding of human development. Celebrating our connections while appreciating our differences is a deep core value Sydney operates from and challenges others to do the same.

She is the Founder and Executive Director of Girls on the Run NJ where she has been inspiring and empowering girls and women for over 17 years. With a national mission to inspire girls to be joyful, healthy and confident using a curriculum that creatively integrates running, Sydney has discovered her entrepreneurial spirit and built a team of board members and staff that now serve over 2,500 girls/year in NJ.

Sydney holds a Masters in Counseling and a certification as a Life Purpose Coach and a specialized training as a Conscious Living Coach from the Hendricks Institute. Sydney has over 26 years of professional experience as a teacher, counselor, entrepreneur, trainer, coach, leader and visionary. She has worked in the corporate sphere as a trainer and coach customizing workshops for various sized companies and their leadership teams since 2009 when she founded her own coaching practice. What sets Sydney apart is her commitment to her client, her ability to truly presence herself and her powerful intuition. Sydney's direct but supportive approach inspires clients to do their work and learn how to stay accountable to their instincts, experiencing results that are both meaningful and lasting.