



Galina Knopman, PCC

Background

Ms. Knopman has over 30 years in business and is the successful president and founder of Comskil and Best of Life for the past 21 years. Ms. Knopman has a strong and integrated set of business and coaching skills and experience. She is an executive, leadership, and life coach, organizational development consultant, author, photographer, and guest lecturer. She specializes in individual, team and organizational change. She founded Comskil on the principle of Communication Skills and Best of Life with the vision and method to achieve one's life goals and dreams based on her success with her Visualize Personal Success (VPS) neuroscience and psychology-based model for personal change. Ms. Knopman's ideal situation of coach and businesswoman, keeps Comskil well-connected with the finest coaches in the industry, the latest developments, research, and applications from neuroscience. She has won multiple business awards, has been honored by DCAA, is a frequently requested and voted Top 10 Speaker at conferences, is a meditation and mindfulness practitioner and past meditation instructor, ensures Comskil maintains partnerships with multiple assessment vendors, and participates in humanitarian missions locally and worldwide. She leads, teaches, and coaches with business savvy and heart.

Education

She has completed postgraduate work in the Neuroscience of Leadership at Middlesex University, London, England and is a graduate of Georgetown University's Leadership Coaching Program. She has credits towards her master's degree in Computer Science at University of Maryland, received her Bachelor of Arts from Temple University, and attended SEA Semester at Woods Hole Oceanographic Institute for a semester at sea.

Experience

Ms. Knopman provides leadership coaching and organizational change consulting to government agencies and commercial organizations. She has provided process improvement consulting and training, audit training and mentoring, and process appraisals. Ms. Knopman's background in software and systems development at NASA, the Air Force and at the Pentagon provides her an affinity for working with technical and specialized organizations and individuals.

Galina has developed and applies the OrGro model for Organizational Change based on her over 30 years of successfully leading organizations to their developmental goals. Ms. Knopman performed more Capability Maturity Model Integrated (CMMI) appraisals in 2002 and 2003 than all but one other lead, in the world and has developed many of the techniques used in CMMI appraisals.

Ms. Knopman is known for her keen instincts that surface powerful client insights. She shares her commitment to achieve client's goals, dreams and aspirations and has a way of seeing and unleashing each client's talents and potential. She applies her knowledge of each domain of neuroscience and the mind, somatics, and social cognitive psychology, both separately and as an integrated and interdependent whole, which helps clients create a greater awareness and acceptance of self. Her knowledge of how the brain works and our complexities enables her to implement methods of coaching to change thinking and behaviors that are direct, fast, and long lasting. She is



respected for her ability to quickly identify client's self-made obstacles, then through techniques to envision their goals, helps clients to think in ways that support their goal achievement. Each client session produces tangible results. Her clients have changed their lives and successfully sustained these changes beginning with their first session.

Certifications

Galina is a member of the International Coach Federation (ICF) PCC certified, a member of the NeuroLeadership Institute, a CMMI Institute Partner and a member of the Montgomery County Business Coaches Roundtable. She was a certified Standard Capability Maturity Model Integrated (CMMI) Appraisal Method for Process Improvement (SCAMPI) Lead Appraiser for A, B, and C appraisal methods for Development and Services and a Capability Maturity Model Integrated (CMMI) for Development and for Services certified instructor.

Accomplishments

Ms. Knopman is an author of Every Time I Diet I Gain 5 Pounds which was a best seller on Amazon and is available also at Barnes and Noble. Ms. Knopman is a photographer. Her pieces are currently exhibited at the Chevy Chase Design Center and at Art Provo (in Turks and Caicos) . She has published in technical journals internationally and is a frequent guest lecturer at conferences, meetings, and corporate seminars. She was voted a top ten speaker at SEI's SEPG conference in 2008 and was honorary guest speaker at Brandeis University National Women's Committee. She is a requested speaker and presented talks on leadership coaching at conferences sponsored by the U.S. Bureau of the Census and the Mid-Atlantic Region Woman in Technology.

She volunteers with Smiles on Wings non-profit organization to provide dental/medical care, humanitarian aid, and educational aid to improve the overall health and well-being of under-served communities. Galina enjoys playing her flute and being with her family.