



Professional Profile

Virginia (Ginny) Kravitz is a writer, coach, and creator of inthecurrent.com. Her trademark *In the Current*® is the foundation and overarching theme of the work she explores with others. At the heart of this is what Ginny calls a *powerfully graceful way to move*.



Throughout 20 years in the coaching profession and prior to that during her corporate career, Ginny discovered that what brings her joy is to share what she learns with others. Now retired from executive coaching, Ginny is devoted to creative endeavors connected to her writing. The driving force behind her work is to inspire and encourage.

Ginny's writing draws from her coaching work with executives and professionals from diverse backgrounds and industries, as well as from her own life. Whether it's a story about a coaching client or caring for her mother when she had Alzheimer's, Ginny's readers appreciate her knack for framing life's deep questions in a practical way that's relevant to what's happening for them currently.

The signature message of *In the Current* is to practice the artful balance of directing and allowing, of boldly setting your direction and acting within your power while patiently trusting what is unfolding.

From this central theme, come various related topics: knowing yourself, having purpose, turning down the noise, listening and trusting your inner guidance, connecting with a deeply grounded confidence, and inviting joy.

After living in New York and Connecticut for most of their lives, then spending 12 years in Arizona getting to know and appreciate the Southwest, Ginny and her husband, Jess, returned to the East Coast and now reside in Florida full time.

Credentials & Work Experience

Prior to launching her coaching business, Ginny's 15-year tenure with a leading health insurance company included a role as director in a national accounts sales and marketing organization, and then as the project leader and director of a new corporate presentation center.

Ginny is a Professional Certified Coach (PCC) credentialed by the International Coaching Federation and an enhanced practitioner of Narrative Coaching™, an interdisciplinary, evidence-based methodology developed by Dr. David Drake.

Ginny previously participated as a leader in various coaching communities including: The Now What?® career and life direction program created by Laura Berman Fortgang and the OASIS in the Overwhelm™ strategies authored by Millie Grenough. Ginny is a co-author of *OASIS in the Overwhelm 28 Day Guide: Rewire Your Brain from Chaos to Calm*.

During her 20 years as a professional coach, Ginny has worked with employees, managers, executives, independent business owners and professionals across various industries. Her areas of expertise include: Purpose-Driven Leadership, Career Management, Communication Style, Organization, Time Management, Managing Overwhelm, as well as Mindset, Motivation and Focus.