

Dr. Cathy Coleman

Mental Health Therapist, Founder and CEO of Smart Choice Training Institute



Dr. Cathy Coleman is a Mental Health Therapist who specializes in trauma informed care. She is the Founder and CEO of Smart Choice Training Institute, located in Harrisburg, PA. She is an accomplished speaker, trainer and author who works to bring mental health awareness to underserved communities. Her mission is to remove the stigma surrounding mental health concerns in the black community. Dr. Coleman is also known for her straightforward and high-energy style of equipping audiences with the insight, tools, and practical application necessary to unleash their full potential. She is an empowerment agent that gives her audiences the T.I.P.S. (Teaching, Ideas, Principles, and Strategies) they need to be successful in life.

Dr. Cathy travels nationally and internationally speaking in universities, corporations, churches, and conferences. She blends her passion for inspiration with her gift of communication to help change lives. A writer as well, Dr. Cathy is the author of the book, "Treasure of the Heart" an inspirational poetry journal. This is the first installment in the Treasures Within book series. She is also the author of several articles and empowerment audio CD's and DVD's.

Dr. Coleman is a Life Coach who has partnered with more than 300 clients and business associates empowering them to live their best life. In addition to people empowerment, she has been successful in fostering both a media and non-profit career. She is the previous Co-host of Tuesday Treasures, a radio broadcast designed to inspire and motivate listeners.

Dr. Coleman holds a B.S. in Biblical studies from Lancaster Bible College, a Master's degree and a Doctorate in Marriage and Family Studies from Eastern University.