

Speaker and Author
Gretchen Hydo



Break the rules. Shed your secrets. Change your life.

About Gretchen

Gretchen Hydo holds the highest designation of Master Certified Coach through the International Coaching Federation, is a keynote speaker, facilitator, and trainer. Considered by many to be one of Los Angeles' top coaches, she specializes in guiding individuals and organizations to make high-level transformations by breaking the rules, shedding their secrets, and changing their lives. Her ten-stage secret breaking system, helps people step away from their default legacy and lean into a created future.

As author of the book, *Break Free From Your Dirty Little Secrets: A New You in 10 Secret-Breaking Stages*, she is dedicated to helping women break free from the lies their false self whispers, about who they are and what they've done, and step into bigger living. She lives in Los Angeles with her family.

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Signature Talks

- Break the Rules, Shed Your Secrets, Change Your Life.
- 10 Steps to Letting Go of Shame and Loving Yourself.
- Be a Rockstar in Business: Money Making Made Easy.
- From Client Creation to the Close: 6 Steps to Business Success.

Engaging, on-point, dynamic, and inspiring. Gretchen is a top-notch speaker, who leaves her audiences changed.

Kaela P.

Working with Gretchen has been a true pleasure and benefit—not only for myself, but for the groups of women she has helped these last few months at my organization. Gretchen is a natural coach, speaker, presenter, and guide—and her perspective is unparalleled.

Maribel H.

Contact

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