Coach Judy Cochran

Judy Cochran, founder of Coach and Keynote, is dedicated to helping people move forward. She coaches individuals to help them make a decision, work through a transition, or create a plan to reach their goals. Judy is also available as a keynote speaker, or to speak to smaller groups on a variety of topics. She has experience speaking internationally, and can provide customized presentations for retreats and conferences.

Judy has spent the past 25+ years serving at New Life Church in a variety of roles, including youth worker, Women’s Bible study coordinator, Bible teacher, curriculum writer, facilitator trainer, and speaker. Currently she volunteers weekly at Coffee Cart, reaching out to approximately 100 high school students each morning, demonstrating the love of Christ by serving free coffee and pastries, and engaging students in conversation. Judy also leads a Bible study and mentors women in the church’s transition house for women who have recently come out of prison and are in recovery from addiction. As Ministry Coach, Judy provides personal coaching for church members on a variety of topics including helping new members find a place to serve, coaching leaders on ministry issues and strategy, and assisting college-aged students with life planning. In addition, Judy and her husband are small group leaders.

Recently Judy worked as a Life Coach for M25 Ventures, a highly entrepreneurial non-profit organization dedicated to the mission of equipping ex-addicts and ex-felons with the resources and support they need in order to never return to prison or rehab. She believes that God has given everyone unique strengths and passions, and Judy aspires to help people discover and develop them. Judy also has experience assisting students as a college advisor.

Judy Cochran holds a Bachelor of Science in Rhetoric and Communications from the University of Oregon, and a Certificate in Transformational Coaching from Western Seminary. She has three grown children and has been married to her husband Brian for 30 years. Judy and Brian are host parents to international college students, and have housed students from Saudi Arabia, Japan, and South Korea.

“During our meetings, Judy listened and asked questions to guide me in seeing the links between my passions, skills, and dreams. She helped me set realistic goals to push me towards honing my skills and preparing me for potential opportunities of fulling my dreams. I walked in without purpose or a solid vision and left with hope that God had already begun preparing me for what was ahead. “ ~Charissa

“I really enjoyed my time with Judy as she is very easy to talk to. She could hear the common thread in my ideas to help me narrow down my goals and formulate a plan. She asked great questions that helped me weed out and clarify my thoughts. I felt validated, encouraged, and inspired to take the experiences that God used in my life and do something that will help others.” ~Susan

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