



Ashley Copley, Certified Health + Life Coach

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Life + Health Coach | Guiding Clients to Rewrite Their Narratives + Achieve Profound Change

Skilled listener committed to understanding/exploring the path to achieve clients' needs + goals.
Non-judgmental coach creating a comfortable space for clients to share thoughts + feelings.

Driven to Excellence

Thriving amid the tumult of high-energy, high-expectation settings, Ashley Copley displays a composed rigor via eloquent communications. Precise thoroughness in navigating oft-ambiguous, pressure-wrought service environments—he once co-owned a premiere nightclub serving celebrities + Royalty alike—catalyzed Copley's metamorphic hospitality career where he grew revenues while also cultivating deep relationships.

It is these experiences, richly woven with employee training, development and personalized coaching, that now undergird his current role as a **Life and Health Coach steering individuals through sea change toward confidence and reinvention.**

Under his coaching leadership, clients address herculean challenges associated with life transition and change—losing weight, managing stress, navigating relationship thickets, getting married, starting a family, launching a new job, retiring, etc. Leveraging his service meticulousness + agility, Copley quickly adapts coaching protocol to each client's needs.

Copley's highly personalized approach, grounded in specific, measurable, actionable, relevant and time-bound goals, empowers clients with individually tailored, tangible steps. Moreover, his attentive, kind personality, coupled with inspiring energy and active listening puts clients at ease as he gently guides them toward their destination goals.

Career Story Reinvention

Copley, whose fast-track career nearly was thwarted when The Nepalese Civil War erupted, plaguing Nepal with executions, massacres, purges, kidnappings and mass rapes and the deaths of more than 17,000 people, relocated from Nepal to the U.S. With the support of his best friend and wife, Yash, he quickly regained his career footing.

Upon his transition, he again accrued powerful results: **delivering top-10, 100% customer satisfaction scores among ~700 hotels**; earning promotions to General Management and multimillion-dollar revenue accountabilities; driving a performance turnaround from the bottom to the top, among other achievements on both the East and West coasts, including navigating operational complexities in the highly competitive Silicon Valley.

Leveraging personable networking skills during vacation in Singapore, **Copley pivoted, piloting operations transformation** for Stanford Hospital Healthcare, where he created a healthier, cost-effective + quality-centered facility. As well, he shored up knowledge in balanced eating and food choices to support others' physical/mental health.

Steadily advancing his career and credentials – he **achieved an Executive MBA at Pepperdine University** – Copley pursued further roles and entrepreneurial ventures that aligned with his evolving role as father-to-twins and to accommodate a world disrupted by Covid-19 pandemic: facilities manager at Meta/Facebook and later as a tech company / TrustLab consultant. He also became an Associate Founder at wellness products company, Three; and launched property company start-up KTWOC.

Personal Transformation

Born to educationist-parents from Ireland (father) and England (mother) and raised in a private school in the mountains of Panchgani, India, infused Copley with a multi-cultural perspective that has generously enriched his connection with people from all walks of life.

This global perspective is what led him to life coaching and further permeated his value. Clients testify to Copley's ability to draw on international experience in addition to his personal transformation journey to buoy their goals. **Amid his 40-pound weight-loss, Copley underwent a holistic lifestyle change that enabled rhythm amid the chaos** of new-fatherhood—he is primary caregiver for twin boy and girls whose initial arrival left his sleep and personal time disrupted and his physical and mental psyches struggling to remain vital.

Working with Northern Irish actor turned coach, Michael Legge, via his Michael Legge Consulting company, **Copley embarked on his holistic lifestyle renovation.** As a result, he regained physical and mental equilibrium, while also inspiring his wife and kids that collectively, as a family, embraced this new lifestyle of well-being.

Purpose-Driven Coach

Tailoring
Client-Specific
Coaching
Plans

Igniting
Results via
SMART
Goals

Empowering
Clients with
Purpose +
Happiness

It is Ashley Copley's sincere hope that **his story of persevering high-performance will inspire others to follow their dreams**, regardless of personal battles or circumstances.

As such, at the helm of Copley Trifecta Coaching, **using his calling as a Life and Health Coach, he performs as a lighthouse** for others, offering practical tools to navigate fog to a clear path of health, calmness and motivation.

He has a gentle way of guiding clients to pick action steps that not **only stretch them towards growth**, but also are attainable.

Couple this with an aptitude for complex problem solving + project management, Copley not only can develop, but also will **meticulously help implement the personalized coaching plans that deliver reverberating value.**

Anchor in the Storm

His listening ear is readily available for those wrestling with inner demons, and he provides **connections to nourishing resources** that will exhilarate their mind, body and soul.

His desire to **reliably anchor his clients amid the storms of life** means he can be counted on, no matter what.

Snapshot: Certification + Education

Health and Life Coach Certification

Health Coach Institute™

CCE-accredited by the
International Coach Federation (ICF)



EMBA • Business Admin + General Management
Pepperdine Graziadio Business School