VICKIE Mudra

About

VICKIE MUDRA, MPH, PCC, CReC

ICF-Credentialed Coach | Leadership Strategist | Speaker

What if our modern-day superheroes could recognize and protect themselves from their personal "kryptonite?"

With a passion for helping purpose-driven professionals and organizations dedicated to the health and safety of others, Vickie Mudra equips leaders and their teams to reconnect to what matters most, build resilience, and create cultures that are happy, healthy, and mission-ready.

As founder of the Institute for Deliberate Practice and creator of the Deliberate CARE™ framework, Vickie brings over 30 years of experience in public health, workforce development, and leadership training. Her approach blends evidence-based practice with heart, hope, and hard-won wisdom.

A transformational coach, educator, and speaker, she helps leaders challenge the status quo, rediscover their "why," and strengthen the well-being of themselves, their teams, and their organizations. Inspired by her own journey through adversity, caregiving, and leadership, she empowers others to embrace purpose, resilience, and the courage to lead differently.

WHY. INSTITUTE

PCC PROFESSIONAL CERTIFIED COACH ICF

LEADERSHIP CIRCLE PROFILE CERTIFICATION

Certified Resilience Coach helloDriven.com

CERTIFIED RESILIENCE FIRST AID INSTRUCTOR

CERTIFIED HIGH ADVERSITY RESILIENCE TRAINING INSTRUCTOR

Speaking with Purpose.
Leading with Heart.

Signature Keynotes & Featured Talks

Lead with Heart:
The Deliberate CARE Approach to Leading Yourself

Lead from the Inside Out:
How Energy, Empathy, and Awareness Shape Culture

Mission-Driven, Not Mission-Drained:
Building Resilience Without Burning Out

Saying Goodbye:
The Deliberate Practice of Living, Leading, and Letting Go

Ready to Book Vickie?

Whether your audience needs encouragement, insight, or a powerful shift in how they lead and live, Vickie delivers experiences that transform hearts, habits, and workplaces.

Let's Talk: info@InstituteForDeliberatePractice.com
Based in Phoenix, AZ | Available Nationwide + Virtual

EQ-i 2.0 CERTIFIED

CERTIFIED GRIEF EDUCATOR by David Kessler · grief.com

Positive Intelligence

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