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Judy Hissong, CLM

Judy earned her Bachelor's Degree in Accounting from Huntingdon College, and her Master's Degree in Sports Management from the University of Richmond. In addition to her Professional Coaching Certification, she is a licensed provider for the suite of emotional intelligence tools provided by Personal Strengths Publishing, and Tilt365. She resides in San Diego, CA.

HEALTH Judy Hissong was a professional athlete and has been an ACE Certified Personal Trainer since 1993. She has designed personal training programs for professional athletes and for business professionals. She writes articles on the importance of health and exercise to maintain productive workload and provide work/life balance. She has been a presenter at many international conferences on the topic of work/life balance and stress management. She is an Accredited Life Coach working with individuals who know they can achieve more (personally, professionally, or both) and are ready to overcome their obstacles to success. She works with corporate teams who want to break through their current performance ceiling to achieve the next level of success.

BUSINESS With over 15 years in leadership roles inside professional service organizations, Judy provides a wealth of knowledge and expertise in leadership, emotional intelligence, and successful business planning. She is a sought-after speaker and facilitator on topics of emotional intelligence, strategic and long range planning, leadership development and accountability, and coaching. She writes articles on the importance of leadership and strategic planning in the success of business, and was an instructor for the University of California San Diego in their Certificated Program for Paralegals.

LIFE This unique combination of business and wellness led Judy to create Nesso Strategies. Her energy is contagious, and her message is powerful and simple. She partners with organizations to develop profit-oriented strategies based on her business acumen and her team-oriented approach. She is here to guide individuals toward balance in their workdays, and their personal lives. Now that makes sense and cents.