



Kanesha Baynard is a professional coach and a veteran educator. She is also a speaker, educational activist, and blogger.

As a recovering overachiever, Kanesha knows and understands the internal tensions that come up when a person's core values are not aligned with the daily life they are living.



Kanesha has applied inquiry techniques – that identify limiting beliefs – to her personal and professional life. Through this process, she has been able to create space to nurture her mind, body, and creativity to live an authentic and bold life. She shares these tools with her clients so they can free themselves from thought dungeons that keep them “under-living”.

Kanesha coaches families, groups, and individual clients on:

- career launching and re-launching,
- parenting guilt,
- multigenerational/in-law dynamics,
- creating your own “parenting manuals”,
- effective self-care strategies,
- and work/life balance.

Kanesha has been married since 1998 and has two children. Because Kanesha is committed to being a loving wife and present parent – while maintaining her career – she has applied creative strategies to keep things in balance. Being committed to a healthy and sane lifestyle prompted Kanesha to create a multigenerational household by inviting her mother-in-law to live with her family from 2007-2012.

Kanesha's unconventional bond with her mother-in-law began in 1997. Together, they made Kanesha's wedding dress – but not before running out of fabric and worrying if they would find more to complete the wedding dress project. They laugh often about this stressful situation that turned into a funny, yet shocking, story – which they love to share.

Kanesha blogs about her “*Adventures in Multigenerational-ville*” at www.itsafullnest.com. She also blogs for Working Mother Magazine. Her blogging has attracted national attention and she has been a guest on WVON 1690-AM Chicago and the syndicated Mom Talk Radio with Maria Bailey.

Learn more about Kanesha's coaching services at www.kaneshabaynard.com .



Formal Information

Kanesha trained directly with the masterful [Martha Beck, Ph.D.](#), monthly columnist for O, Oprah's Magazine, in order to receive her coaching certification. Kanesha was able to practice and learn coaching techniques from Dr. Beck and other master life coaches.

Kanesha has been an educator since 1994. For many years, she worked as a high school Spanish and linguistically diverse teacher in a large, urban high school south of Chicago. In the same school district, she worked as the Mentor Coordinator and Assistant Staff Developer. In this capacity, she developed trainings and support programs for veteran teachers and teachers new to the district.

While in Colorado, Kanesha has worked in Boulder Valley School District (BVSD). Within BVSD's adult education program, she taught English and GED classes for English language learners. She also conducted home visits, with participating families, to increase literacy in the homes and establish the parents at their children's first teachers.

Kanesha spent two years at Peak to Peak K-12 Charter School, a top 100 school in the United States. She served as the assistant principal and was primarily responsible for Peak to Peak's professional development program, the alternative teacher licensure program, formal evaluations, and curriculum planning.

While at Metropolitan State College of Denver, Kanesha was an Assistant Professor of Secondary Education and the Teacher Quality Enhancement Grant's Field Placement Coordinator.

From 2006 – 2011, Kanesha was on faculty in the School of Education at the University of Colorado at Boulder. She served as the Director of Field Experiences, School, and University Partnerships.

Kanesha received her undergraduate degree in Spanish and Secondary Education at Cornell College (Iowa). She received a Masters degree in Curriculum and Instruction from National Louis University (Illinois), and a Masters degree in Educational Administration from Governors State University (Illinois).



Select Training Sessions and Presentations

Open Enrollment 2012: Looking Beyond Test Scores to Find the Best School Fit: Lafayette Public Library – Lafayette, Colorado

Open Enrollment 101: Decreasing the overwhelm about school choice – hosted by Bean and Berry Coffee Shop

Transitioning to Middle School – Parent Engagement Network (Mesa Elementary School)

Parent Engagement – Mentoring Families of Color: Teacher of Color and Allies Summit

7 Tools: Maximizing Your Job Fair Experience: The Center for Professional Development – at Peak to Peak Charter School

Taming your “to do” List – Without Neglecting Your Self-care: Crowne Pointe Academy (teacher development)

Mindful Leadership – Tools for Responsive Leaders: Academic Management Institute, the Colorado and Wyoming project of the Colorado Network of Women Leaders

Leadership Skills for New Administrators: University of Colorado System – CU Women Succeeding Symposium

Recruiting a 21st Century Teacher: American Association for Employment in Education Conference

What’s Holding You Back? Crafting a Well-Fitting Plan for Your Goals: So Be It Wellness Studio, Louisville, Colorado

Circle of 10 – Women’s Leadership and Empowerment Group (monthly group) – Spring 2012

Grandparents as Caregiving Partners: Sunflower Doula Services, Longmont, Colorado

Contemplating Your Career Path in Science (Panelist): CU Boulder

Career Engagement Center and Office of Intercultural Life – Building Bridges Program (Panelist): Cornell College, Iowa



What people are saying...

Kaneshia is always able to get to the heart of the matter and to include others in positive ways to problem solve.

-Workshop participant

Through gentle humor and keen insight, Kaneshia is able to help others to be self-reflective and ultimately improve their situation.

-Workshop participant

Hi Kaneshia,

Thank you so very much for your input this morning. You have given me some valuable information and poignant points to consider in my evaluation of not only the school programs but the path to my final career placement.

-S.M. (career transition client)

Kaneshia,

I just had the chance to take a look at this email and I am thrilled to know that you are doing such a great job and I know this is what we call in Japanese (tenshoku) for you. We say there is a job that defines you, which we call tekisyoku (meaning which suites you), and there is a job that you define tennshoku literally meaning God's given work, meaning which only you could do.)

I know how wonderful you are. It's a blessing to have you and you doing this job. I keep you in mind and when I come across with someone who may need your service, I will give them your contact.

- Y.A. (coaching tips subscriber)

I have worked with Kaneshia for the past 8 years and every time we interacted, I went away feeling listened to and secure in the knowledge that this amazing woman of action was looking at creative ways to solve our dilemma.

-Mary J., Educational Leader

Kaneshia has that rare ability to see the big picture, peel away the layers in an honest and supportive way, and get to the "heart of the matter". She is my favorite reality check!

- Penny, Director

I am 60 years old and have never known nor worked with an individual who can accomplish as much with such PANACHE' so quickly and adeptly! You are an incredible human - and I feel incredibly lucky to have you in my life, Kaneshia - HONESTLY I do. There really are NO words to describe how clear and efficient Kaneshia's communication is nor the depth of her understanding of ANY and all situations!"

-D.M.B., "I don't want to be a monster-in-law" Client

Kaneshia has a wealth of knowledge that she readily shares. She thinks outside of the box and is ready to help you discover solutions to any challenge.

- Megan, Attorney and Charter School Board Member



If you are looking to transform your life in new and creative ways, Kanesha is the woman for you. She exemplifies integrity, zest for life and insightfulness. Her gentle yet direct coaching will help you articulate your goals and enable you to take action whether you are just starting your career or are looking to reinvent yourself.

–Nancy, Family Advocate

Kanesha Baynard is a joy to work with! Not only does her energy lift my spirits, she is always full of ideas to help nurture and grow PLUS has the ability to LISTEN.

–Jeanette Soloma Hale, www.SOLOMAfitness.com

I wanted to thank you so much for your help the other day! I feel lucky that I was able to speak to a parent and an education expert at the same time. I appreciate the information that you provided and your words of wisdom regarding both the open enrollment process and school years in general. I particularly love the idea of ‘homework time’ for the whole family!

–L.H. / one-on-one parenting coaching client

Wow – I really needed this today. You must have known 😊. Been burning the candle at both ends for weeks now and really could use some self-care.

–S.B. / [In response to a [Bold Living Today eLetter](#)]

Kanesha,

Thank you again for facilitating the group last night. It was wonderful, and has left me with a lot to reflect upon. I really appreciate the gifts as well. The prosperity candle is intriguing...can't wait to try that.

You are an amazingly skilled, grounded, centered person and a true inspiration. What a way to begin my weekend.

Hope to connect with you again soon.

–J.B. / In response to a [Girls' Night In](#) event

“Kanesha Lee Baynard is one the most compassionate, experientially rich and multifaceted life coaches I know. Her awe-inspiring range takes you from exceptional fact-finding and organizational abilities, to the most exquisite intuition, deepest sense of commitment, and her uncanny gift to balance it all with clear, undeniable, meridian, path-guiding objectivity. Hiring Kanesha, more than a luxury, or even a necessity, is a once-in-a-lifetime opportunity to make your best-ever possible self-care investment.”

–Pedro F. Báez, LVN, CLC, CHC

Transformational Life Coach, Los Angeles, California