



[Email Coach Jaz Sanchez!](#)

[See my certificate](#)

Eres Tú #JazUrLife

Jaz is a personal development coach with a penchant for helping people discover their hidden potentials and unveiling the part of themselves they did not know about.

Jaz enjoys helping people achieve their goals. With an MBA and over ten years' experience working in Corporate Human Resource roles, she has developed critical skills and insights in understanding and improving human capacity. A high performer with a track record of helping others succeed, Jaz's human resource background and extensive experience in managing people have contributed immensely to her exceptional ability in helping to build leaders across a range of disciplines.

A distinguished mother of three amazing children with Afro Latina roots, Jaz is inspired by her own story, rising against all the odds to succeed despite facing enormous challenges. She believes that one can achieve anything, and no barriers or obstacles can hold you back if you are determined to succeed. She also believes people must give their all and be consistent with their goals to attain the desired success.

Jaz has a life coach certificate as well as a certificate in human resources. Her current work in social service allows her to interact with various people of different backgrounds, listen to their challenges, and to coach them to overcome their obstacles, discover themselves and succeed. She enjoys helping people achieve their goals.

She lives in the buzzing city of New York, and when she is not busy impacting lives, she enjoys cooking and hanging out with her family.