

Kim Ades

President and Founder

Frame of Mind Coaching™



Kim Ades is the President and Founder of Frame of Mind Coaching™ and JournalEngine™ Software. Author, speaker, entrepreneur, coach, and mother of five, Kim has years of experience coaching many of North America's most respected leaders. Recognized as an expert in the area of thought mastery, Kim uses her unique philosophy and quirky coaching style to help her clients deal with core issues and shift their thinking in order to yield extraordinary results.

Kim designed the Frame of Mind Coaching™ program to provide her clients with a powerful infrastructure where they could develop the skill of deliberate thought. She understands that the single greatest difference between those people who are stratospherically successful and everyone else is their thinking. She knows that we all have the propensity to shift our thinking and achieve success.

Kim has been a featured speaker for dozens of organizations, including SHRM, ATD, Entrepreneurs' Organization, Vistage, TEC, RISMedia, the International Coaching Federation, the National Association of Realtors, the World Business and Executive Coach Summit, and the National Speakers Association. She has also been interviewed on many top-ranking podcasts and has received outstanding feedback on her speaking.