



With a passion for improving and empowering the lives of individuals of all ages, she has worked with children and adults for over 30 years as a life coach, therapist and hypnotherapist.

- Founder of Changing the Chatter: Celebrating ChatterGirls: A self-esteem program for girls ages 8-14 years old
- Owner of Guided Choices, Inc.
 - Life Coaching
 - Family Counseling
 - Hypnotherapy
- Certified Professional Life Coach
- Certified Clinical Master Hypnotherapist
- Master’s Degree in Counseling from Loyola University
- Author of Changing the Chatter: Help Your Daughter Look Beyond the Mirror for Self-Esteem
- Speaker and trainer:
 - National & International Organizations
 - C.H.O.I.C.E.S.
 - Your Brightest Future
 - How to be a great leader & get others to work for you
 - 7 secrets to thrive in college
 - How to find success at home & work
 - Pediatric Hypnotherapy
 - Communication: Parent/Child

Alicia was a recipient of the McHenry County Hero’s Award, given to residents who have made a marked contribution to their community.

Alicia Marcos Birong

***Self-Esteem Expert
Professional Speaker & Trainer***

Self-Esteem

C.H.O.I.C.E.S

Anti-Bullying

Reaching Goals

Progression

GUIDED CHOICES, INC.

www.guidedchoices.com

815-404-8343

ChatterGirls

www.chattergirls.net

