



www.TyraJarvis.com

Tyra Jarvis is Founder and President of Kefi Coaching LLC.

She works with individuals and leaders facing career and life transitions and helps them navigate change by creating a purpose focused plan that allows them to have more freedom, passion and fun every day. Whatever their challenge, she makes a difference for her clients by helping them get focused, motivated and moving forward.

Her specialties include leadership development, business and executive coaching, and career/life transition. Her client list includes ATT, Oracle, SAFE Credit Union, PayPal, Sacramento Convention & Visitors Bureau, City of Sacramento, Kura MD, PGA of America, Anita Borg Institute for Women in Technology, Praxis Associates, U.S. Fish & Wildlife Service, Sacramento Steps Forward, Seven Up Bottling Company of SF, Unleashing Leaders, University of California, Davis and several leaders and individuals from a variety of industries.

She is currently on the faculty of the Impact Foundry, Sacramento. A proven leader with demonstrated professional experience built upon a 30-plus-year career in the "hyper-competitive" telecommunications industry planning and implementing enterprise-wide technology and business projects, and 10+ years as a volunteer leader with the LPGA Amateur Golf Association and Stand Up Placer.

Tyra is valued by her clients for her proven ability to "get it done," along with her diverse background, analytical and problem solving skills, and capacity to listen for their success. She partners with clients in a process that values empowerment and individual responsibility to support them in translating their passion and goals into reality.

She received her coach training from Coach U, an International Coaching Federation (ICF) certified provider. She holds a Bachelor's degree in organizational behavior and environment from California State University, Sacramento and an MBA from the University of San Francisco.

She serves on the Board of Stand Up Placer, supporting survivors of domestic violence, sexual assault and human trafficking, and is a member of the Sacramento Chapter of the LPGA Amateur Golf Association, supporting women to learn, play and enjoy the game of golf.

Tyra is also a co-author of "Teeing Up for Success," a compilation of insightful and inspirational stories from extraordinary women on how they have used golf to achieve their goals. Tyra is passionate about lifelong learning, empowering women and girls, volunteerism, and playing golf wherever and whenever she can.

Raised in Boston and Sacramento, she currently resides in Sacramento, California. She loves her time with family and friends and has a special place in her heart for her granddaughters, great-niece, and nephews. She also enjoys cooking, movies, theatre, and sporting events. Vacations not involving golf are the exception, not the rule.

To inquire about speaking, workshops or events with Tyra,
email Tyra@TyraJarvis.com or call our office at 916-765-2312