

Long Biography

TC Cooper is a transformative leader and pioneering coach at the helm of UpwardAction Advisory and FaithFocusFlow Global Learning Center, where she specializes in executive coaching and online business training designed for optimal performance and values-based leadership. Her award-winning platforms are dedicated to equipping leaders and business owners with the tools and insights needed to excel and integrate their professional pursuits with their character-driven values.

Renowned for her compassionate and empathetic coaching style, Coach TC adeptly uses active listening, powerful questioning, and gentle guidance to facilitate her clients' achievements and navigate challenges. Her client-centered, collaborative method ensures a tailored coaching experience that acknowledges and respects the unique journey of each individual. By fostering a safe, supportive atmosphere, she both inspires and protects trust and vulnerability, laying the groundwork for significant personal and professional development.

Coach TC's expertise in dismantling limiting beliefs and counterproductive behaviors is unmatched. She skillfully uncovers and addresses underlying thought patterns, arming her clients with the strategies necessary to advance with confidence and clarity. Her deep-seated belief in the capacity of individuals to create meaningful, impactful lives motivates her relentless pursuit to help them unlock their potential for significant success.

Her warmth, wisdom, and genuine commitment to client success have established Coach TC as a trusted advisor for character-driven business owners and corporate leaders. Her ability to guide professionals toward optimal performance, within a framework that values alignment of personal and professional lives, makes her an invaluable ally for those seeking to harmonize their values and professional aspirations.

At the foundation of her career, TC Cooper's academic achievements include graduating from Columbia Law School, where she was a Harlan Fiske Stone Scholar, and from Hampton University, where she was a proud member of the Freddie T. Davey Honors College. These educational experiences have contributed to her depth of knowledge, strategic insight, and the impactful coaching philosophy she embodies today.

Short Biography

TC Cooper leads UpwardAction Advisory and FaithFocusFlow Global Learning Center, focusing on executive coaching and online business training for optimal and values-based leadership. Her platforms help leaders and business owners align professional growth with personal values.

Known for her empathetic coaching style, Coach TC employs active listening and strategic questioning to support her clients' growth and address challenges. Her personalized approach and commitment to creating a supportive environment foster personal and professional development.

She excels at helping clients overcome limiting beliefs and behaviors, equipping them with the confidence to achieve meaningful change. Coach TC is a trusted partner for those seeking to integrate their values with their professional life.

Her educational background includes graduating from Columbia Law School, where she was a Harlan Fiske Stone Scholar, and from Hampton University, where she was a proud member of the Freddy T. Davey Honors College, grounding her expertise in a solid academic foundation.

Personal Mantras & Quotes

“In the symphony of success, faith is the melody, focus is the rhythm, and flow is the harmony. Play them in unison, and the world listens. ~ *Coach TC*”

“Harness the power of faith to believe in the unseen, focus to turn vision into reality, and flow to adapt with agility. This is the essence of mindful leadership. ~ *Coach TC*”

Let faith be your foundation, focus your compass, and flow your momentum. Together, they create a force strong enough to transform any environment. ~ *Coach TC*