



**Krista Wells Ph.D. is The Military Spouse Coach® for *The Military Spouse Magazine*.** As the magazine's personal career coach, Krista shares what she has learned from "seasoned" military spouses and her personal experiences as a military spouse. Reader of *The Military Spouse Magazine* will enjoy Krista's spark and wit as she offers tips, and challenges her readers to take action steps that can help them make progress in their career and life.

Here's how Krista explains her role as coach: "I don't wave a magic wand that makes someone's life and career change immediately. Rather, I am a personal guide, encouraging military spouses to actively pursue their own aspirations while they continue to support their hard-working spouses- who are protecting this great nation!"

Krista Wells, Ph.D., The Military Spouse Coach®, loves helping spouses sort things out, create careers they feel passionate about, and find life fulfillment. As a personal and career coach, Krista has advised girlfriends of military enlistees, active duty wives, and reserve spouses who don't have easy access to support services. She works with stay-at-home mothers, job seekers, career changers, and people who just feel like they're IN A RUT! Krista coaches spouses at her office in central Connecticut and virtually, by phone, across the United States.

Krista met her husband when he was stationed in Camp Pendleton, California. They now reside in Connecticut with their three young children.