

Jason O'Neill

Pronouns: he / him / his

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Jason has been coaching officially since September 2012. He has a Bachelor of Science degree in Psychology from Texas A&M University, which informs his coaching. After his own transformation around health issues, Jason began coaching around nutrition and wellness then quickly realized he needed a holistic approach and now coaches individuals around all aspects of their lives, understanding it's all connected.



Calling himself a disruptive coach, based on a mentor's training, Jason focuses on listening and helping disrupt the patterns we all find ourselves in. From 2012 until 2019, at least twice annually, and many times monthly, he put himself through a number of trainings and events to sharpen his listening and coaching skills. Jason offers a presence and safe space for each client to quickly establish trust and dive into the work needed to be done on each person's behalf. In 2019, he became a Level 1 certified coach with ELCA Coaching and began his Level 2 training in Mission Development / Redevelopment. He expects to finish that by year end. Jason is also working toward his ACC (Associate Certified Coach) accreditation with ICF (International Coach Federation).

Since March 2016, Jason is the Communications Manager for the Northern Texas-Northern Louisiana Synod of the ELCA. In 2019, he was also appointed by the bishop as the Coaching Coordinator for that synod. Also in 2019, Jason began two contracts with the ELCA to manage the ELCA Coaching website and provide administrative support to the ELCA Coaching Coordinator, leadership team, trainers, and that growing ministry.

Some other descriptors for Jason, in no particular order: Bridge builder. Intuitive empath. Transgressive artist. Writer. Singer. Model. Partner. Son. Uncle. "Dad" to a rescue dog and two rescue cats.