

hello

I'm Maria from
live in flow
COACHING



Maria Angoso

A Career Transition & Growth Coach living in Vancouver. As a coach & facilitator, I support ambitious people that are feeling stagnant, struggling with motivation, and seeking fulfillment at work.

Together through introspection, we break down roadblocks in the areas of performance, relationship, communication, and work towards your career and personal goals.

Before becoming a Certified Coach (ACC, CPCC) I worked internationally for 11 years in the Business and Marketing world as Digital Marketing Manager.

After living abroad and pivoting industries twice, I found myself in this transition phase again. But this time, it felt different. I was where I thought I wanted to be. Managing teams and digital strategies for big clients—the big names everybody knew and admired: Microsoft, Disney, adidas, to only name a few. I was managing large marketing budgets, people relied on me, and on the outside, it looked like I had it all.

But only a few people knew the truth: I was miserable, drained, and time at work dragged on. There was something seriously off at work and my unhappiness was starting to harm every area of my life.

In this period of despair, without a clear plan or next steps, a particularly punishing challenge for a hyper achiever, I started a personal exploration journey. Through it, I uncovered a professional dream that I had been unconsciously pushing aside out of fear for years. And this time, I made a commitment and a promise to myself: I decided to make this dream non-negotiable.

Yes, it was scary to take that leap—to quit my successful career and to start forging my own path. As a Certified Co-Active Coach I started Live in Flow Coaching in 2017 because I wanted people to find personal and professional fulfillment.

In a nutshell that's what I do through 1:1 coaching & workshop. I help professional in the tech industry that are stuck and unhappy, and unsure if they're doing the right thing to find and take the next steps.

