



RE-IGNITE YOUR PURPOSE AND TAKE BACK YOUR POWER

CONNIE GOGAN

CEO | LIFE MASTERY COACH | MASTER SOCIAL WORKER | SPEAKER

Connie is a seasoned military spouse, mother of ten, Master Social Worker, and transformational life coach with a heart for those who serve others—on the front-lines and behind the scenes. As the founder of HomeFront Hero – Transformational Life Consulting Services, she empowers military families and helping professionals to break through limitations, reconnect with their inner power, and create meaningful change in both personal and professional life.

With over two decades as a U.S. Army spouse, Connie worked alongside military leaders, commanders, and fellow spouses, gaining firsthand experience in resilience, adaptability, and service. Her unwavering commitment to the well-being of soldiers and their families has given her a deep understanding of leadership, community, and personal growth—qualities she now instills in her clients.

A master social worker by training and an advocate at heart, Connie has guided countless individuals in overcoming obstacles, dismantling limiting beliefs, and stepping into their true potential. As a mother of 10, she has mastered the art of balance—navigating life's challenges with grace, humor, and an unshakable spirit. She teaches others to do the same, helping them cultivate inner strength and navigate change with confidence.

Connie holds a Bachelor's Degree in Psychology and a Master's Degree in Social Work. She is certified in Trauma Work, a Steven Covey Certified Facilitator, and a Certified Life Mastery Coach. While her credentials are extensive, she often says her most valuable lessons come from the University of Hard Knocks.



IGNITING YOUR DREAM...
...EMPOWERING YOUR VISION



Connie delivers powerful workshops and transformational coaching programs designed to inspire, equip, and empower. With a rare blend of grace, humor, and an unshakable spirit, she helps individuals and organizations cultivate inner strength and navigate change with confidence.

A SPEAKING EXPERIENCE

Tailored Specifically for Your Audience



Whether it's a short Lunch & Learn' training, motivating keynote speech or full day workshop – your group, organization, or company can be assured of an absolutely transformational experience with lasting results.

Just as there are no two people alike, there are no two organizations or companies who are exactly alike. Each has their own set of challenges, obstacles, and cultures that have been created. Connie will create an experience uniquely tailored for your organization's specific goals, challenges, victories and setbacks.

During these interactive talks, Connie will engage the audience in a number of exercises designed to give them clarity of what they want to achieve and how to start improving their life.

Connie's presentations can be tailored from 30 minutes to a full-day workshop. Her authenticity, humor, lived experience, and deep empathy create an experience your audience won't forget. Whether speaking to military families, healthcare teams, or heart-led professionals, Connie delivers powerful tools and transformative insights that leave lasting impact. If you're looking for a speaker who can inspire, uplift, and shift perspectives—she's the one to call.



Connie helps individuals reconnect with their deeper purpose, offering practical tools and heartfelt guidance to move from confusion to clarity. Her compassionate yet powerful presence inspires a renewed sense of direction, confidence, and resilience—empowering people to create a life aligned with what truly matters to them.





Presentations on Your Military Posts

What You'll Learn in during a Transformational Training for the Military Community:

- How to reconnect with your own identity and purpose—beyond the uniform, the roles, and the expectations
- The surprising key to staying mission-ready without sacrificing your mental, emotional, or relational health
- Two essential mindset shifts that help you stay grounded and clear—even during deployments, transitions, and relocations
- A 5-point clarity check to help you recognize when you're living in alignment with your values—or losing yourself to survival mode
- Practical thought tools to overcome fear, burnout, and emotional overwhelm
- What emotionally intelligent military families do differently to create sustainable strength at home
- The #1 reason spouses and service members lose momentum—and how to stay resilient together
- A powerful technique to release guilt, self-neglect, or the pressure to "do it all alone"
- One habit you must shift to reclaim your voice, boundaries, and peace of mind
- And more real-life strategies to build emotional intelligence, restore inner strength, and thrive—no matter where the mission takes you

Connie brings energy, heart, and real-life military insight to every presentation.

With over 20 years as a military spouse and a background in social work and transformational coaching, she delivers training that's relatable, practical, and deeply empowering for service members and their families.

