



Nilda Kahn Professional Profile

LIFE MASTERY CONSULTANT, CERTIFIED CLINICAL HYPNOTHERAPIST
RTT PRACTITIONER & CERTIFIED HEALTH COACH

Nilda Kahn is the kind of woman who instantly puts you at ease—and somehow still manages to challenge everything you thought was true about what's possible in the second half of life.

She brings a rare combination of lived wisdom, deep empathy, and powerful coaching tools to the women she serves—high-achieving, heart-centered women (and a few brave men) who are ready to stop settling and start listening to what *they* want next.

Before founding **Gracefully Aligned**, Nilda spent over five decades in healthcare leadership and training, building a successful career while helping others do the same. From the outside, she had it all. But on the inside, like many of her clients, she wrestled with self-doubt, unworthiness, and a quiet voice that whispered, “Is this all there is?”

Retirement didn't silence the longing. It made it louder.

That longing eventually led her to **Transformational Life Coaching** and **Rapid Transformational Therapy (RTT®)**—first as a client seeking healing, and then as a certified practitioner committed to helping other women find clarity, peace, and purpose.

Today, she works with women who may look like they have it all together but are silently carrying the weight of old stories, buried dreams, or unprocessed grief. Some are starting over. Others

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are reinventing. All are ready to stop shrinking and start becoming who they were always meant to be.

Through gentle guidance, honest conversations, and tools that go deeper than mindset alone, Nilda helps her clients reconnect with their inner wisdom, release the limitations that no longer serve them, and create lives that feel meaningful, grounded, and *gracefully aligned*. She knows what it feels like to be stuck—and what it takes to rise.

As Nilda often says:

“If you’ve ever looked in the mirror and wondered if it’s too late for you—I want you to know what I’ve come to believe with my whole heart: It’s not. You’re not done. And your story? It’s just about to get really good.”