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Alumni Spotlight – Vicki Lee Titton


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My coaching practice is called InnerEdge Coaching & Mediation, and it has become a true reflection of both my professional training and my personal journey. What began as a desire to help people find clarity has blossomed into a practice that blends coaching, mediation, and soulful tools for transformation. At InnerEdge, I guide people who are standing at those powerful thresholds in life, the moments where the old way no longer fits, and the new way is still unfolding. My work spans life and relationship coaching, transition coaching, and mediation in areas such as divorce, custody and visitation, elder care, workplace, and community.

InnerEdge is more than a business to me; it is a guiding light for clients seeking both clarity and courage. Every session is rooted in compassion and integrity, but also in a commitment to helping clients move into aligned action. I believe the most important breakthroughs happen at the edge, where discomfort meets possibility.

I specialize in working with clients during times of transition, moments where life is shifting and calling them to grow. This may be navigating a new career path, reshaping a relationship, entering or leaving a marriage, parenting through change, or stepping into a new phase of personal identity.

Through mediation, I also support clients in navigating difficult conversations with fairness, dignity, and respect. Whether it's families making decisions for their elders, couples moving through divorce, or workplaces facing conflict, I bring coaching principles into mediation to ensure that truth is heard, and solutions are found with care. The clients I most enjoy serving are those who feel that inner nudge, that quiet whisper that says, "Something needs to shift." They may not know exactly what the shift is yet, but they are ready to explore it.

 I love working with clients who are open to reflection, willing to embrace their truth, and brave enough to take even the smallest aligned step forward. One of my favorite client moments came from a woman who arrived feeling completely lost, unsure if she even knew what she wanted anymore. Through guided journaling, dialogue, and visualization, she uncovered a truth she had been silencing for years. By the end of our work together, she wasn't just clear, she was living differently, speaking differently, and moving with a confidence she hadn't felt in decades. Watching her reclaim herself reminded me why this work matters so deeply.


When I first became certified, I imagined myself working primarily one on one, offering coaching conversations focused on goals and accountability. But as I stepped fully into the role, I realized my practice could and should expand in both breadth and depth, I created my signature framework, The InnerEdge Method, which guides clients through three core phases:

1. **The Awakening – noticing the nudge and what is no longer aligned.**
2. **The Revealing – naming and claiming truth.**
3. **The Becoming – taking aligned action that turns truth into transformation.**

This method has become the heart of my practice, shaping everything from private coaching to workshops. I've since developed workbooks, affirmation cards, and guided rituals that extend the InnerEdge experience beyond coaching sessions.

I also integrated meditation into my offerings, giving clients both clarity and communication tools that carry into their daily lives. Perhaps the most meaningful evolution has been internal: realizing that my practice flourishes the more it reflects me. By embracing my own love for symbolism, light, and alignment, my "North Star". I created a practice that feels authentic and magnetic.

My biggest piece of advice is: Don't wait until everything feels perfect to begin. Perfection is an illusion, and waiting for it will hold you back. Coaching is not about

 flawless branding or polished websites. It's about presence, connection, and authenticity. Start where you are. Use the tools you have. Trust that your practice will evolve alongside you. Every client you work with will teach you something, and every step will shape your voice. And above all, be yourself. Your clients aren't looking for a carbon copy of another coach, they are looking for you. The more you lean into your own uniqueness, the more powerful your impact will be.

Choosing Life Purpose Institute was one of the most pivotal decisions of my professional life. The training gave me not only the skills to coach with excellence, active listening, powerful questions, accountability structures, but also the confidence to trust myself in this role. What I valued most was that LPI wove together both the practical and the soulful. It wasn't just about tools; it was about presence, intuition, and integrity. That combination aligned perfectly with my vision, and it still anchors every coaching and mediation session I lead. Most importantly, LPI gave me the courage to claim this path fully. Without it, InnerEdge may never have come to life. Today, as I prepare to launch my first workshop, develop my affirmation deck, and grow a community around transformation and alignment, I carry deep gratitude for the foundation that began at Life Purpose Institute.

For me, coaching is not simply a profession, it's a calling. I often say that at InnerEdge, "Your edge is where growth begins." That edge is not an ending but a threshold, a place where clarity rises, truth is revealed, and transformation begins. Life Purpose Institute helped me step into my own edge and gave me the tools to help others do the same. My hope is that every aspiring coach reading this knows that their voice, their vision, and their truth are worthy. The world doesn't need more "perfect" coaches, it needs more authentic ones.

[InnerEdge Coaching & Meditation](#)