MARINA

PLANTZ

ACC

Speaker | Career Expert | Leadership Coach

Marina Plantz, ACC, is a speaker, career expert, and leadership coach dedicated to building psychologically safe workplaces and communities—spaces where people feel valued, heard, and empowered. She believes that compassionate leadership begins with self-awareness and partners with organizations, small business owners, and individuals to foster trust, clear communication, and effective feedback.

With over 17 years of experience, Marina helps young professionals, women, and small business owners navigate career growth and leadership with confidence. She teaches clients how to determine and articulate their impact, align their careers with their values, and build meaningful professional relationships.
As CEO of Jersey Medical Care, Compassionate Mental Health, Marina provides strategic leadership and operational support to mental health and substance abuse clinicians, ensuring they have the resources to reduce burnout and deliver exceptional patient care. She believes that by creating psychologically safe, healthy workplaces, we foster a kinder, healthier world.

Marina's expertise is rooted in psychology, leadership, and coaching. She holds a Bachelor's Degree in Psychology & Leadership from Montclair State University and completed the 168-hour Accomplishment Coaching Training Program, an intensive leadership development experience that prepared her to earn her Associate Certified Coach (ACC) credential from the International Coaching Federation (ICF). She also serves on the Board of Directors for the Arts Society of Keyport, a nonprofit connecting artists with the community, reinforcing her belief that creativity is a powerful tool for both personal and professional growth.
As a speaker, Marina is passionate about:
✔ Psychological safety in the workplace – how values and feedback shape trust
✔ Career storytelling – crafting a professional narrative that highlights impact
✔ Compassionate leadership – leading with authenticity while preventing burnout
✔ Self-compassion at work – balancing ambition with well-being

📩 To book Marina for a speaking engagement, contact Adriana at am@amconyc.com.
📩 To schedule a coaching engagement, email Michelle at michelle@jerseymedicalcare.com.