



# Ace Bulger Coaching

Be who you want to be.

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Ace is committed to helping others be the best they can be in all aspects of their life. For over 25 years he worked in education as a principal, assistant principal, athletic director, head football coach and teacher at the secondary and collegiate levels. In 2000, Ace created a coaching business, "Ace Bulger Coaching." Coaching Towards Integration: The Heart of Well-Being. [www.acebulger.com](http://www.acebulger.com). Mr. Bulger works with both individuals and organizations-and especially school districts- who feel there is room for improvement but for whatever reasons they seem to be stuck. To address this, he coaches towards integration, which means bringing all parts of a system together for maximum effectiveness, and the greater goal of personal and organizational transformation to be their best.

As a coach working with school districts his training was for teachers and administrators on how to deliver powerful teaching and learning. That focus changed in 2012 when his daughter, Alicia, died by suicide.

Since 2012 Ace has become passionate about coaching for mental well-being and suicide prevention. He served on legislative committees for preventing suicide and was actively involved with the Department of Health, The National Alliance of Mental Health, Forefront and other agencies promoting mental health and suicide prevention.

In late 2018 an opportunity became available through The Health Care Authority of the State of Washington to manage a Federal Grant, the System of Care Grant, with a special focus on working with schools to deliver mental health services to students and also to support the development of Intensive Therapeutic Foster Care. In February 2019 Ace was hired to manage that grant.

He strongly believes in and promotes networking among family members and professionals to maximize the recovery of someone experiencing the difficulties associated with mental illness. He works with individual families, schools, agencies, and churches to promote wellness and life.

Ace can be reached at [ace@acebulger.com](mailto:ace@acebulger.com), or [www.acebulger.com](http://www.acebulger.com) or 206-618-1287