

Carole Gilmore

Consultant, DNA Consulting



Carole Gilmore is a licensed professional counselor supervisor. She is also a certified mental health integrative medicine provider, certified anxiety treatment professional, certified Daring Way Facilitator, and Prepare-Enrich facilitator.

She is a doctoral candidate working on completing her dissertation on workplace stressors and their influence on interpersonal relationships. She works as an adjunct professor with various universities. She owns and operates a private practice in North Dallas where she sees clients and supervises licensed professional counselor associates working towards full licensure.

As a licensed professional counselor, she uses clinically tested and evidence-based interventions with her clients. Carole has worked with well over 200 couples in her private practice.

Experience

Carole is an engaging and interactive presenter who has had the pleasure of speaking at conferences for teens and adults.

She has experience working with individuals from various disciplines and industries to include legal, medical, finance, governmental support, information technology, and education. She is trained in the facilitation of superior-to-subordinate communication, establishing collaborative, cohesive, and cooperative work environments, and improving employee morale and motivation. Carole is also a certified personality trainer, a certification that has afforded her training opportunities within both federal and private sectors.

Carole continues to expand her knowledge by frequently participating in training opportunities. She values learning and considers it paramount to one's success. She has attended trainings, not limited to but including topics such as diversity and inclusion, improving cultural competency, managing narcissistic habits, essential and facilitative leadership, emotional transformation therapy, and understanding connection in interpersonal relationships.

Serving her community is one of her core beliefs and why she also serves as the Vice-Chair of the Public Art Board with the City of Frisco and serves as with Junior League of Collin County as Chair of the Leadership, Enrichment, and Development Committee (L.E.A.D). She is also an active member of Alpha Kappa Alpha Sorority, Incorporated.

Educational Background

Carole received a B.S. in Psychology and an M.S. in Mental Health Counseling from Walden University and is in the doctoral candidacy phase of her Ph.D. program at Grand Canyon University. Once conferred, her doctorate will be in Industrial and Organizational Psychology.

She, her husband, and her family reside in Frisco, Texas.