



Ingela Onstad is a High Performance Coach for attorneys, performing artists, executives, and other professionals who are in the public eye.

Her coaching business, Courageous Artistry, supports high performing individuals in their quest to perform at the top of their abilities when in front of the public by working on skills to target voice, body, anxiety-management, and mindset.

Ms. Onstad is a board-certified coach, a licensed psychotherapist, and a professional opera singer who has enjoyed a varied international career in opera, concert work, and contemporary music. She utilizes tools from psychotherapy and the entertainment industry to help clients shine in front of crowds. Recent speaking opportunities include the Duke University Voice Care Center, the Washington D.C. Bar Association Small Firms Division, and the New Mexico Law Offices of the Public Defender.