



# LEADING IN MOTION

CLIENT COACHING  
& TRAINING RESULTS

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18



*Where Great Results  
START With The Body*



## WOMEN'S LEADERSHIP PROGRAM

**100%**

Would recommend this program to a colleague or friend

**33%**

Received a *significant* promotion in the first six months

**93%**

Reduced stress and increased their work-life balance

**92%**

Improved their ability to lead through indirect influence

## EXECUTIVE & PROFESSIONAL COACHING

- Got invited to serve as a thought leader in a brand new sector.
- Made time for a new baby while running a growing organization.
- Landed a dream job with a 50% pay increase.
- Got out of a difficult business partnership while still maintaining the relationship.
- Built an amazing network of support in her community that led to new business.
- Negotiated a 20% pay raise after being offered 5%.
- Received 2 surprise promotions, in 4 months.
- Won her company's first \$2.5 million grant.
- Finally convinced her husband it was time to sell the house.
- Successfully fired a toxic team member, in an industry that typically doesn't allow it.
- Turned a corporate downsizing into a job interview at her dream company.
- Ran the company's first ever staff retreat.
- Won a prestigious local award.
- Transitioned out of corporate to start her own consulting practice.
- Changed her schedule to start work at 10am.
- Got positioned to become the first female partner in the company.
- Got promoted to steward a rebuild of the company wide new-hire training program.
- Learned to work half the hours and make the same level of income.
- Secured a new office space for her company.
- Successfully hired and on-boarded new team members to take critical work off her plate.
- Learned to "own" her successes – out loud.





## CLIENT TESTIMONIALS

Working with LeeAnn provided the wisdom, support, and tools to make the career transition I'd been dreaming of and delaying for years. I built greater courage, clarity about my strengths, and trust in my ability to create the life and career I want. Over the past year, I've also gotten better at telling the story of my own talents, gifts and accomplishments, rather than downplaying or holding back. If I'm going to be a role model for other women who want to lead, I need to be able to trust myself and to own it. Now I do.

**Clare Bresnahan, Former Executive Director, She Should Run, Washington, DC**

I can't say enough about the value LeeAnn added to my professional development journey as a new CEO. She revolutionized the lens through which I see myself - encouraging me to approach professional challenges in new, more productive and more satisfying ways - for both my own sake, and for my organization. LeeAnn has a keen ability to listen carefully, probe honestly and dissect issues in a way that promotes results. And she's not afraid to challenge me! LeeAnn's guidance broadened my perspective, improved my confidence, and enhanced our effectiveness as a team. I'm deeply grateful.

**Joseph Stefko, President/CEO, CGR, Rochester NY**

I hired LeeAnn 6 years after finishing my PhD, three years into a faculty position. My research was going well, but I was receiving feedback from senior colleagues that I wasn't bringing the kind of confidence it takes to be an effective leader in the field. LeeAnn's unique style of coaching showed me how powerful the mind-body connection can be, and how I can harness this connection to help me reach my goals. I've now started to "speak up" more powerfully - and I recently negotiated a 20% pay raise!

**Tara Lavelle, Assistant Professor, Tufts Medical Center, Boston, MA**

I started working with LeeAnn when I was already doing well in my career. Ultimately, I wanted to know how I could be an even more effective leader, while achieving more balance and fulfillment in my life. She has an extraordinary ability to help you think differently about yourself and your work. Through our coaching, I was able to see how my desire to make the best possible impact on others - especially on projects that really matter to me - could lead me to put a lot of unhelpful internal pressure on myself. I've to start changing that. As a result, I am getting even better at embracing my unique abilities as a leader, all while receiving more positive recognition at work.

**Megan Maltenfort, Senior Manager, CSR, Fortune 500 Company, Philadelphia PA**