
Senior Leadership Practitioner Profile

Passionate, highly respected leadership expert with 20+ years' success accelerating individual achievement of personal and professional excellence and driving positive organizational change.

Attentive relationship-builder with honed business acumen and executive coaching experience spearheading all aspects of Human Resources Development/Leadership Development: strengthening and growing knowledge, skills and abilities to produce Positive Impact on Business (IOB). Dynamic and engaging speaker with repeated success drawing on humor, personal experience, academic studies, and proven techniques to facilitate learning and inspiration. Stress relief subject matter expert (SME) with track record of delivering highly interactive presentations, seminars, and workshops championing personal and professional potential.

Highlights of Expertise

- Executive Coaching
- Key Stakeholder Communication
- Human Resources Development (HRD)
- Instructional Design & Teaching
- International Best-Selling Author
- Leadership Training and Development
- Public Speaking, Workshops, & Seminars
- Stress Management
- Company Culture / Team Building

Career Experience

Grab & Go Stress Solutions, LLC, Littleton, CO

Provide one-on-one coaching, group workshops, and seminars to thousands of people annually, introducing concrete tools enabling individuals and organizations across the globe to achieve positive, sustainable change.

EXECUTIVE DEVELOPMENT CONSULTANT (2005 to Present)

Interview clients to gain understanding of pain points and develop individualized and team programs aligned with objectives and capabilities, creating strategic roadmaps for success. Facilitate adult learning designed to produce positive change. Champion internal strength, deep reflection, and creative solutions to address challenging issues and drive business growth.

- ◆ Featured as stress relief SME on CNBC, MSNBC, Lifetime, and Discovery channels as well as in *International Journal of Healing and Care, Redbook, Ladies Home Journal, Family Circle, and Success.*
- ◆ HQ Sherpa Executive Coach and Faculty of SHIFT Leadership Training for Clarity International.

Education & Credentials

Master of Adult Education with a Human Resources Development Certification, Kappa Delta Pi

Rutgers University, New Brunswick, NJ

Bachelor of Science (Journalism / Psychology)

University of Colorado, Boulder, CO

Certifications & Professional Development

Energy Psychology & Coaching Post-Graduate Study | Executive Coaching & Life Coaching | Certified Faculty SHIFT Leadership Training | Certified Master Emotional Freedom Technique (EFT) Practitioner | Advanced Neuro-Linguistic Programming (NLP) Basic & Master Certification. Master Sherpa Executive Coach (MSC) and ICF Certification PCC | Second Degree Black Belt WT