

EXECUTIVE COACH
TEAM DEVELOPMENT
SPEAKER, TRAINER & FACILITATOR



ADVANCING WOMEN IN LEADERSHIP

2023 marks my 31st year In leadership. From the front lines to the C-Suite, I've supervised departments, managed companies, and owned businesses. I also have a wicked entrepreneurial spirit that has made me savvy, resourceful and collaborative.

What I needed was guidance and mentoring, but didn't even know how to find it, so I took the hard road and figured it out. What I did have was grit and ambition, a mortgage, a young child and a support network that believed in me.

I loved the processes of business and art of leading people, and over time, I developed serious talents in both areas. One day, after I decided I could no longer watch foolish people run their companies into the ground, I decided to open my own commercial subcontracting business. My template for a successful business was ready and my strategy worked. Business steadily grew for 12 successful years and I was building a strong reputation. I stayed curious and coachable, applying every lesson learned along the way. I doubled my revenue every year and tripled my staff. My business strategy had become a blueprint. And my people strategy worked! My team was lean, mean, profit making machine. They were also happy. Check.

Throughout my own personal journey I've discovered that I have a deep passion for helping women advance in their career. I dealt with many challenges and obstacles in my climb, and although there were difficult days where I felt overwhelmed and defeated, I persevered and learned how to successfully navigate those murky waters.

I have the blueprints and want to share. Through my workshops, mini-conferences and speaking engagements, I now share my lessons learned and help women lead with confidence, credibility and Influence.

SPEAKING

Lunch & Learns
Dinner Meeting Presentations

Leading Boldly
7 New Laws of Leadership
for the Metamodern Age

Equipping the Climb

User's Guide for Women In Leadership.

The Essential Toolbox for Teams

Seeking The Executive Suite?
What got you here won't get you there.
5 golden nuggets from those who came before you.

KEYNOTE

"Leadership Is Influence"

All Presentations are designed for professional women but can be modified to suit a general audience

TRAINING

- Full Day Seminars
- 3 Day Corporate Retreats
- 90 minute Lunch & Learns

My training services all revolve around leaders and their teams. Please contact me for a discovery session and customized quote.

EXPERIENCE & QUALIFICATIONS

- 20+Years in Senior Leadership
- 7+ Years at Corporate C-Level
- 15 Years of Business Ownership
- 20+ Years Commercial Construction Industry
- 8+ Years Executive Coaching
- · 8 Years of Non-Profit Board Work NAWIC
- 15+ Years Talent Development

The world is in crisis and we urgently need strong leadership. Women only occupy 31% of executive seats.

I know many women who are more than capable of running at the senior level for large corporations, yet they hold themselves back from pursuing those jobs. There are a few issues at work here that should be explored, but one of the big challenges we have Is not understanding how or why we lead. Inter office politics driving you crazy? Are people taking you seriously? Feel like you are talking to a wall? Yeah - welcome to leadership.

Being a boss is not easy. It takes several core skills if you want to be good at and you are going to need support. My role is as trainer, coach, guide and advisor, helping you strengthen your skills and visualize your goals. What kind of leader do you want to be? We can directly influence the future if we lead powerfully and bring balance to business.

As a business woman working in a male populated industry for over 20 years, I have real world experience and insights into what holds women back in their careers. Through my ongoing experience as a professional coach, Once women learn how to identify the behaviors and beliefs that hold them back they can overcome challenges and chart a course for success. We need more women out In front leading and also In the back pushing from behind. Know your strengths to have maximum impact.

SKILLS

- · Speaker & Trainer
- · Certified Executive Coach
- · C-Level Experience
- · Thought Leader
- · Organizational & Process Development
- Team & Leadership Training Programs
- · Marketing & Sales
- Business Startup, Expansion & Recovery
- Certified Facilitator for Everything DiSC & Five Behaviors of a Team

MY CORE COMPETENCIES

- Visionary leadership and Executive experience
- Strategic planning and Implementation
- Relationship Builder
- Team Leader
- 20+ years In Commercial Construction
- · Financials and Budgets
- · Crisis Leadership
- · Change Management
- · Out of the Box Thinker & Action Taker

ACCOMPLISHMENTS & AWARDS

- 2013 Business Woman of the Year Orlando Business Journal
- 2017 Who's Who In Construction The Blue Book
- · Rookie of the Year NAWIC 2014
- NAWIC National President's Spotlight Award 2016 & 2021
- Member of the Year, NAWIC 2017
- Dale Carnegie Graduate 2017
- NAWIC Southeast Region Director 2023-2025



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Authorized Partner
EVERYTHING DISC

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Authorized Partner

The Five
Behaviors*

Certified Coach