

### MENTORING TO ACCELERATE + MAXIMIZE YOUR POTENTIAL

If you are working for a thriving company and success and work/life balance are priorities for you, you're in the right place. I work with leaders like you to increase their leadership capacity, develop their influence, build confidence, minimize stress and achieve extraordinary results. Before I became an executive coach and leadership consultant, I led global sales and service teams for high-growth companies so I understand the pressure you're under to perform on a daily basis.

MENTORING EXECUTIVES + MANAGERS TO DEVELOP IN THESE KEY AREAS:

#### LEADERSHIP

- Increase executive presence & visibility
- Define your authentic style of leadership
- Motivate, inspire and empower others

#### COMMUNICATION

- A framework for tough conversations
- Intentional communication & influencing skills
- Strategies conversations, presentations & meetings

#### TEAM ALIGNMENT

- Increase executive presence & visibility
- Define your authentic style of leadership
- Motivate, inspire & empower others

#### SELF-MASTERY + CONFIDENCE

- Leveraging your Super Powers as a leader
- Busting through negative thoughts & limiting beliefs
- Overcoming perfectionism, self-doubt & fear tendencies

What is remarkable and effective about Amy's coaching is **how quickly she drills down to the issues** that are impeding my progress. She has a strategic business mind and is highly intuitive which is a winning combination. What I like most about her is **she isn't afraid to say the tough things and at the same time, she's an advocate and cheerleader**. If you're looking to hire a high-performance coach, I highly recommend her.



I am an executive coach, leadership consultant and career coach. My expertise lies in empowering high-performing leaders and teams to reach their highest potential for success. I offer leadership coaching and team-building workshops with an emphasis on creating team identity and alignment. I offer creative solutions to business challenges and guide leaders to find their authentic style of leadership, communicate with confidence and conviction, take strategic action and stay focused in our new normal.

#### CONTACT