



Guts & Grace WORKSHOP SERIES



3-Part Embodied Leadership Workshop Series

Are you looking for next-level training that will skyrocket your high potential team members' engagement and your bottom-line results? Would you like to provide the depth of executive-level coaching in a group training format? Are you ready for something fresh that is more effective than traditional options on the market?

Our 3-Part Embodied Leadership Workshop Series lays the foundation for increased presence, innovation, and impact in just a few hours of virtual or live training. Using our proprietary MEM²E [Movement-Emotions-Mindset-Mission-Energy] framework, we help your leaders identify, understand, and *embrace* the one core behavior they must change to reach their next level – and create an action plan to embody the new behavior *fast*.

These 2-hour workshops can be delivered in sequence, or stand-alone.


3-PART WORKSHOP SERIES:

1. **FIND LEVERAGE** – The Core Dilemma
2. **SET YOUR COURSE** – The North Star
3. **TAKE NEW ACTION** – Daily Practices

Before the course, I spent too much time and mental energy arguing both sides of a decision before AND after I made it. I realized that I can trust my existing experience, and my gut. I also learned how to defend my ideas and decisions more effectively. One of the best things about the training was the kind and open environment, which freed us up to speak openly about struggles we were having. Overall, it was an excellent course. It was not what I was expecting, and I'm very grateful that it wasn't!

RICK - Vice President of Business Development, *UNANET*

FACILITATOR BIO



LeeAnn Mallorie, MAPP, MSC is a certified executive coach and trainer with over 15 years' experience helping leaders face bottom-line challenges while combating both meaning depletion and burnout. She began her career in traditional consulting, working with teams from around the globe. Yet she soon found something was missing—the body. Today, LeeAnn introduces unique approaches and more diverse values into business strategy, as the keystone to solving some of our stickiest problems. Her Guts & Grace program bridges the gap between the hard-driving logical mind and the ancient wisdom of the soul, for client result that last.



Client List:

