



# GUTS & GRACE AT WORK

## A 9-12 month program for women who lead

Many women are naturally innovative leaders. Yet the stressors of day-to-day leadership can lead to frustration and exhaustion.

*Guts & Grace at Work is a 9-12 month program for female leaders at any stage in their careers, who are equipped to drive positive change and/or who are at risk of burning out.*

Despite rapid advances in female leadership, many women continue to report a variety of challenges that are not adequately addressed by traditional leadership programs, including fear of failed work life balance, incessant worrying, stifled voice, lack of confidence & self-doubt. This can cause women to hold back from pursuing high-impact leadership roles, and can lead to burnout. But it doesn't have to be this way.

Guts and Grace is one of the only programs on the market that fully addresses the intersection of well-being and leadership, using cutting-edge tools based in positive psychology, mindfulness and neuroscience.

# 100%

of program grads would recommend the program to a friend or colleague

# 93%

of program grads increased their ability to lead through direct and indirect influence

# 83%

of program grads increased their capacity to collaborate effectively with others

## CREATE A COMPANY WIDE IMPACT

Focused personal development leads to company wide impact. But only if it is effective.

Most leadership and business mentorship programs fall short in their attempt to advance women in leadership as they only focus on two areas: skills training and diversity training. This approach leaves out a critical third component: embodied transformation.

**Embodied transformation** is a cellular-level shift in both mindset and habitual behavior. This is THE key to visible progress and lasting results.

Guts & Grace at Work doesn't stop at individual leadership. It is designed to ignite innovation and spark meaningful culture change across your entire workforce.



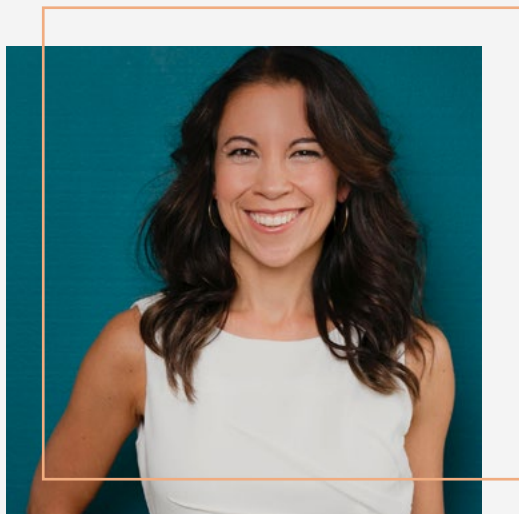
## CASE STUDY

**Susie**, a senior executive at a large government organization, took the initiative to bring Guts and Grace to her organization. Susie sponsored the program, and participated in the first cohort herself. After a few initial roadblocks were cleared, Susie went on to win the Admiral's EEO Award for the impact she made on the diversity and inclusion efforts company-wide.

## The 4 Habits that build a solid foundation for leadership expansion

- Embodiment
- Empowerment
- Activation
- Inspiration

## Meet LeeAnn Mallorie *program facilitator & executive coach*



LeeAnn started her career in 2005 at a boutique consulting firm in the San Francisco Bay Area, and quickly became a coach to high-impact executives at organizations around the globe. Yet even as she fell more deeply in love with her work in the professional-development industry, she felt something was missing – the body.

Today, LeeAnn helps forward-thinking women and men who are driving change inside of their organizations, industries and communities to impact more people and get better results... without burning out. She does this by teaching them how to access wisdom of their bodies, recover their native superpowers, and trust their intuition. Her clients consistently learn how to wield more power (and make more money!) in a way that's effective, that's truly sustainable for them, and that benefits the constituents they serve.