



WOMEN'S EFFECTIVENESS IN LEADERSHIP AND LIFE

LEAD LIFE

WELL™

An extraordinary
offering for women leaders



THE LEAD LIFE
INSTITUTE, LLC

An extraordinary offering for women leaders:

You are invited to enroll in The Lead Life Institute's premier executive offering, Lead Life WELL— Women's Effectiveness in Leadership and Life. Lead Life WELL is a unique offering carefully designed by women leaders for women leaders to strengthen and enhance professional effectiveness, while serving to better balance overall quality of life. More specifically, Lead Life WELL supports the special issues, circumstances and power of women in both work and life.

At the end of the day, enriching your...



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ABOUT

LEAD LIFE

WELL™

The result is enhanced business, leadership and life success.

OVERVIEW

Lead Life WELL is a powerful executive development initiative that melds business, organizational and leadership skill building with the perspectives, circumstances and issues unique to women. Specifically we target...

- How businesses and leaders succeed
- How individuals leverage influence and impact
- How women become more resilient and sustain success

The result is enhanced business, leadership and life success.

Each Lead Life WELL session is limited to 8-12 participants to allow the opportunity for participants' current challenges to be raised and addressed. Participants represent diverse industries, including profit and nonprofit organizations, small and large business settings and entrepreneurs.

OUT OF THE ORDINARY

Why is Lead Life WELL out of the ordinary? First and foremost, Lead Life WELL is a high-level professional development initiative designed solely for women.

Secondly, Lead Life WELL teaches you new competencies and perspectives, and provides the tools necessary to implement and execute what you have learned. Put another way, Lead Life WELL enables you to create and sustain new opportunities for success.

Lead Life WELL begins with a three-day group seminar in which core competencies are taught and plans created for next-level success. You may also enroll in individual follow-up coaching in order to support and sustain success and/or a two-day closure seminar.

Once you have completed the initial three-day seminar, you will be able to determine which, if any follow up offerings are right for you. Consider, though, how many times you have attended seminars, come away with great ideas, returned to work and, because of day-to-day demands, lost sight of the changes you intended to make. Lead Life WELL's individual follow-up coaching and closure seminar experiences provides the support necessary to make desired changes and in doing so, delivers true value.

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COMPONENTS

Enhance business skill and acumen
Develop better leadership ability
Generate a more influential image
Improve productivity

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1 INITIAL 3-DAY SEMINAR

The three-day initial seminar held at an inn and spa setting takes you through a series of development experiences that enhance your business skill and acumen, your leadership ability and your overall success.

Specifically, the initial seminar explores ways in which you can best drive business results, influence and lead others and enhance your overall resilience. Formal leadership, interpersonal and wellness assessment tools are used throughout the three-day experience.

The three-day seminar seminar is led by Dr. Mary Lou Décosterd, founder and managing executive of The Lead Life Institute, Dr. Jerri Frantzve and Ms. Anita Augustine, along with special wellness presenters.

At the end of the three-day seminar, you will walk away with personalized development plans intended to support current business, leadership and life goals.

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2 INDIVIDUAL COACHING

The individual coaching component consists of structured, individual, follow-up coaching sessions with a Lead Life WELL facilitator of your choice. These sessions will help you to put into effect desired behaviors and attain new goals. Your coach will work with you to construct a coaching program that best suits your needs. Sessions can be held at your worksite or via teleconference.

3 2-DAY CLOSURE SEMINAR

The final component of Lead Life WELL is a two-day closure seminar. During this seminar, participants reconvene to review learnings, craft additional strategies for sustainable success and build a Lead Life WELL support network. Participants have found their Lead Life WELL network to be a powerful contributor to their work/life success.

4 CUSTOMIZED SESSIONS FOR YOUR ORGANIZATION

Some organizations have preferred to arrange for customized sessions of Lead Life WELL rather than sending individual participants to a session.

Customized small and large group offerings of Lead Life WELL are tailored to your organization's specific needs. See page 14 for further details.

LEAD LIFE



OUTCOMES

GUEST

PRESENTATIONS

SPECIFIC OUTCOMES

- To better apply today's best business practices
- To better understand and impact your organization culturally
- To enhance leadership skill sets with emphasis on influence, execution and results
- To develop techniques for more effective decision making
- To learn quick and easy energy activation and energy recovery techniques
- To strengthen your professional image
- To have a set plan for next-level business, leadership and life success
- To be part of a substantive professional development experience with other high-powered women

WOMEN'S HEALTH

The initial seminar includes a health presentation given by one of The Lead Life Institute's partner physicians.

ENERGY RECOVERY/REJUVENATION

The initial seminar also includes energy recovery and rejuvenation experiences given by Dr. Décosterd and a wellness specialist. These experiences include information on energy activation, energy recovery, ergonomics, and relaxation. An individual 30-minute massage at a premiere spa is included as part of our energy recovery/rejuvenation experience. (If you do not wish to have a massage, a 30-minute alternative wellness experience can be arranged.)

Mary Lou Décosterd, Ph.D.

Mary Lou Décosterd is founder and Managing Executive of The Lead Life Institute, a learning consultancy offering programs and services to help executives, teams and organizations become their best. Dr Décosterd also works as a consultant for Executive Partners International, a Chicago headquartered firm, and is author of a children's book series entitled, *The Adventures of Magical Max*.

Dr. Décosterd has 25 years of experience in organizational development, applied psychology, and university teaching. Areas of expertise include leadership and interpersonal development, implementation and execution, women's executive development, cultural and team alignment, attitude and motivation, strategic change leadership, and meditation.

Dr. Décosterd is adept at assessing individual and organizational needs and obtaining results. She works as an executive coach to leaders and leadership teams and as a facilitator, speaker, designer and trainer for both profit and non-profit organizations.

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Dr. Décosterd is a graduate of The University of Hartford, The University of Oklahoma, The College of New Rochelle and The Fielding Institute. She holds a Ph.D. in Human Development, post-master's certification in School and Community Psychology, Master's degrees in Educational Psychology, Organizational Development and Clinical Psychology, and a B.A. in Psychology. She has been recognized by "Who's Who in Teaching" and "Outstanding Women of America."

Jerri L. Frantzve, Ph.D.

Jerri L. Frantzve is a managerial consultant who specializes in individual and organizational change and development. Her clients have included Fortune 500 leaders in industries such as banking, pharmaceuticals, medical care, and telecommunications.

Dr. Frantzve also teaches graduate courses in Human Resource Management at the New School University's Milano School of Management, has published two books, over 25 articles in professional

journals, and given numerous presentations at international and national conferences. She participates in many professional organizations, including the American Psychological Association and the American Society for Training and Development.

Dr. Frantzve has held senior positions with E.I. DuPont de Nemours and Co.—Conoco Oil Division, Quaker Oats, and the College of New Rochelle. She earned a Ph.D. in Industrial/Organizational Psychology from the University of Georgia, an M.S. in Counseling and Organizational Psychology from George Williams College, and a B.A. in Psychology and History from Marian College.

Anita Augustine, M.S., MBA

Anita Augustine is Vice President of Training and Development at Bally Total Fitness Corporation. Ms. Augustine has 30 years of experience in education and corporate business, specifically focused within industry and manufacturing processes, human resources, training design and professional facilitation.

Ms. Augustine was formerly a senior director at McDonald's Corporation where she led a team of designers responsible for worldwide training for all areas of McDonald's, from the crew members to executive leaders.

Prior to her work with McDonald's Corporation, Ms. Augustine worked for Boeing Company in the areas of strategic planning, compensation, labor relations, merger/acquisition integration, and change management for large-scale integration processes.

Ms. Augustine is an active conference speaker. Her educational credentials include an MBA from Friends University, an M.A. in Psychology from Pittsburgh State University, and a B.S. in Education from Emporia State University with a major in English. She has been recognized as an "Outstanding Educator" and by "Outstanding Women of America."

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ENROLLMENT

AGENDA

OVERVIEW

FEES/ EXPENSES

Enrollment fees for Lead Life WELL include:

- Component 1 – (initial 3-day seminar): \$2,500
- Component 2 – (follow-up coaching): TBD
- Component 3 – (2-day closure seminar): \$1,800

Fees do not include travel and lodging costs.

INITIAL 3-DAY SEMINAR

<i>Day</i>	<i>Time</i>	<i>Topics</i>
Tuesday	7:00pm-9:30pm	Orientation/Visioning
Wednesday	8:00am-5:00pm	Business/Organizational Foundations Power and Power Strategies Leadership Development Mental Clarity Energy Recovery/Rejuvenation Dinner on Your Own- Individual 30-minute Massage
Thursday	8:00am-9:30pm	Assessments/Feedback Organizational Savvy Work/Life Balance Group Dinner/Women's Health Presentation
Friday*	8:00am-3:00pm	Key Learnings Powerful Speaking Individual Coaching Individual Development Plans Session Closure

**If due to time constraints you are unable to be away for 3 consecutive days, we can provide the Friday session electronically.*

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HOW TO ENROLL

Session months and locations are listed below. Contact Dr. Mary Lou Décosterd directly at 630.377.6964 for specific session dates and for your personal enrollment consultation.

<i>Session Dates</i>	<i>Location</i>
April	New Hope, PA
September	New Hope, PA

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CUSTOMIZED

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WELL™

For Businesses and Organizations

CUSTOMIZED

Lead Life WELL is also available as a customized offering for businesses and organizations. Customized offerings are designed to be in full alignment with the mission, strategies and goals of your business or organization and tailored relative to numbers of participants, program length, and content areas.

Content areas that could be included in your customized offering include:

- Business Foundations
- Power and Power Strategies
- Leadership Development
- Organizational Savvy
- Mental Clarity
- Health and Wellness
- Energy Recovery and Rejuvenation
- Work/Life Balance

Customized Lead Life WELL offerings could be held on-site or at any location of your choosing. To plan your customized offering of Lead Life WELL, contact Dr. Mary Lou Décosterd at 215.794.8516 or via email at mdec@leadlifeinstitute.com for a personalized design consultation.

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THE LEAD LIFE
INSTITUTE, LLC
Helping you to be your best

ABOUT THE LEAD LIFE INSTITUTE, LLC

The Lead Life Institute is a research-based learning consultancy offering dynamic programs and services to help executives and their teams realize their potential and become their best.

Recognizing the challenges, opportunities and complexities of today's world, The Lead Life Institute provides state-of-the-art approaches for business and organizational success. As our name indicates, we focus on the successful integration of leadership and life skills.

For us, leadership is a broad term encompassing business and professional acumen, how we favorably impact the world and how we make a difference. The life piece focuses on attitude, interpersonal power and resilience.

Our overall aim is to help individuals and organizations attain next-level success through sound strategic leadership and strong, aligned operating cultures.

THE LEAD LIFE INSTITUTE OFFERS

- Executive Coaching
- Leadership Development
- Women's Executive Development
- Team Excellence
- Training Design and Delivery
- Work/Life Success Seminars
- Individual/Organizational Assessments
- 20+ Areas of Subject Matter Expertise

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THE LEAD LIFE
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