



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



The result is enhanced business and leadership success.

LEAD LIFE WELL

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 become more influential
- How women attain in next-level effectiveness

The result is enhanced business, and leadership success.

Each Lead Life WELL session is limited to 8 participants to allow for individualized attention and feedback. Participants represent diverse industries, organizations and businesses.

Past participant commentary:

"Having presenters with different styles and areas of expertise kept it interesting. I was able to keep focused and take in more information than I usually do at these sessions."

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 new competencies, perspectives, and tools, while providing opportunities to apply what is learned to your specific leadership challenges.

Using state-of-the-art experiences, substantive discussions and individual attention, each participant can decide on the best approaches for them.

A third and final point of distinction is Lead Life WELL's facilitators who represent broad-based experience, education and philosophies. As a result, they will work with you in powerful ways, helping you sort through your strengths and issues and create a plan going forward that will net you substantive results.

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COMPONENTS

Drive for results
Lead and influence
Become more resilient

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OVERVIEW

The three-day seminar, held at a retreat-like setting, takes you through a series of development experiences that enhance your business skill and acumen, your leadership ability and your personal effectiveness.

Specifically, the seminar explores ways in which you can best drive business results, influence and lead others and enhance your resilience. Formal tools are used throughout the three-day experience to direct development opportunities.

The three-day seminar is facilitated by Dr. Mary Lou Décosterd, founder and Managing Executive of The Lead Life Institute, Dr. Jerri Frantzve and Michelle Rooney, organizational development consultants and women's leadership experts. You will also work with wellness specialist Jessica Hockley, who will teach the fundamentals of overall resilience including building and sustaining optimum energy levels throughout the day. Through coordinated teachings, Lead Life WELL facilitators will work in an integrated and progressive manner to help hone your business, influencing, leadership and life skills.

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Much information and varied perspectives will be presented over the course of the session, all in order for you to develop your personalized plan for next-level impact. At the end of the three-day seminar you will walk away with a clear set of development targets, tools to address those targets and most importantly, an attainable plan for success.

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.

Past participant commentary:

"This experience was life-changing, eye-opening, engaging and truly the best leadership training seminar I've attended so far because of the calibre of the facilitators, the way the material was presented and how I was expected to challenge myself."

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OUTCOMES

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

SPECIALIZED EXPERIENCES

In addition to the mainstream group learning formats, you will participate in two specialized experiences.

ENERGY RECOVERY

Lead Life WELL integrates into its format specific and varied ways to develop and maintain optimum energy levels throughout the day and during critical times, including an individual therapeutic massage.

INDIVIDUAL COACH

At Lead Life WELL you will also work individually with an executive coach. Your coach will help you process the three-day session and create your final development plans.

Mary Lou Décosterd, Ph.D.

Dr. Décosterd 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 has 25 years of experience in organizational development, applied psychology and university teaching. She has also authored a leadership book, titled, *Right Brain Left Brain Leadership: Shifting Style for Maximum Impact* and a children's book series, titled "The Adventures of Magical Max."

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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. Areas of expertise include leadership and interpersonal development, implementation and execution, cultural and team alignment, strategic change leadership, mediation, attitude and motivation, wellness and work/life integration. Her work focuses around four critical success drivers: business acumen, influencing, executing and self-satisfaction.

Dr. Décosterd has lived and worked in the U.S. and abroad. She is a gradu-

ate of the University of Hartford, the University of Oklahoma and the Fielding Institute. She holds a BA in Psychology, master's degrees in Educational Psychology, Organizational Development and Clinical Psychology, post-master's certification in Community Psychology, and a PhD in Human Development. 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, strategy and development. For more than two decades, Dr. Frantzve has worked with leaders and leadership teams from Fortune 500 companies, not-for-profit organizations, and government agencies.

Additionally, Dr. Frantzve teaches graduate courses in Organizational Change at the University of New Mexico's Anderson Schools of Management, introducing students to cutting edge issues in the field and preparing them to development into consummate professionals. Dr. Frantzve has also taught graduate courses in Human Resource Management at the New School University's Milano School of

Management, in New York.

Dr. Frantzve has published two books, over twenty-five 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.

She earned a Ph.D. in Industrial/Organizational Psychology from the University of Georgia, a M.S. in Counseling and Organizational Psychology from George Williams College, and a B.A. in Psychology and History from Marian College.

Michelle G. Rooney

Michelle Rooney is an organizational development professional with experience in human resources processes, team effectiveness and executive development. She has worked for both entrepreneurs and large global companies assisting diverse groups of individuals with training, talent and team development needs.

Ms. Rooney has a Bachelor of Arts degree in Psychology and Communications with a concentration in Systems Analysis from McDaniel College and a Master's of Science in Human Resource Development from Johns Hopkins University.

Jessica Hockley

Jessica Hockley began her career in the Information and Technologies field, graduating with a B.S. degree in Information Science and Technology from Universidad Centroccidental Lisandro in Alvarado, Venezuela. She then came to the US in pursuit of a graduate education where her passion for natural healing started her on a different path. She graduated from the Massage Therapy program at Mt. Nittany Institute of Natural Health in State College, PA and began her career in health and wellness.

Ms. Hockley worked as a Patient Care Coordinator at a center for natural healing and began her own massage therapy practice. Currently she continues to build her practice, consults, teaches, and is pursuing higher schooling in the healthcare field where her goal is to become a physician.

Ms. Hockley is an active professional member of AMBP (Associated Massage and Bodywork Professionals), has a certification in neuromuscular therapy along with a national certification for therapeutic massage and bodywork (NCTMB). Her clients include professionals and executives with both physical and stress-related injuries.

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LEAD LIFE



ENROLLMENT

AGENDA

OVERVIEW

FEES/ EXPENSES

Enrollment fees for Lead Life WELL are \$3,500.

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
Thursday	8:00am-9:30pm	Assessments/Feedback Organizational Savvy Resilience Group Dinner
Friday	8:00am-3:00pm	Key Learnings Powerful Speaking Individual Coaching Individual Development Plans Session Closure

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HOW TO ENROLL

Session months and locations are listed below. Contact Dr. Mary Lou Décosterd directly at 215.794.8516 for specific session dates and for your personal enrollment consultation.

<i>Session Dates</i>	<i>Location</i>
April/May	Lambertville, NJ/New Hope, PA
September/October	Lambertville, NJ/New Hope, PA

Past participant commentary:

"This class helped me see things about myself and my career that I've been told, but never really understood or knew how to address—now I do."

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CUSTOMIZED

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WELL™

For Businesses and Organizations



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

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
- Resilience
- Energy Recovery and Rejuvenation
- Success: Core Elements
- Individual Leadership Assessments

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.

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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