



Grounded in proven practices. Guided by mindful behavior.



MISSION

Mindful Leadership is a small women-owned consulting business built from 30 years of expertise in human resources, organizational behavior, and strategic communication. Based in Iowa City, Iowa, we deliver evidence-based practices and techniques proven to help leaders maximize their performance, achieve extraordinary results, and create a leadership legacy of their own design.

PAST PERFORMANCES

- ✓ U.S. Senate, Office of Sergeant at Arms
- ✓ City of Hiawatha (Iowa)
- ✓ The VGM Group
- ✓ Wartburg College
- ✓ Wiley Publishing Co.
- ✓ Seton Hall University
- ✓ FEI Behavioral Health
- ✓ University of Northern Iowa
- ✓ AEGON / Transamerica
- ✓ Lutheran Services in Iowa
- ✓ Lutheran Services in America
- ✓ Alliance for Children & Families
- ✓ University of Wisconsin – Milwaukee
- ✓ Association for Talent Development (ATD)
- ✓ Community Partnerships for Protecting Children
- ✓ Society for Human Resource Management (SHRM)

SERVICES

Consulting Expertise

- ✓ Leadership Strategy Development
- ✓ Organizational Culture & Development
- ✓ Team Building & Employee Engagement
- ✓ Executive & Leadership Coaching

Assessments

- ✓ Leadership Practices Inventory® (LPI-Self)
- ✓ Leadership Practices Inventory® (LPI-360)
- ✓ TTI Success Insights DISC®
- ✓ TTI Success Insights Team Dynamics

Speaking, Workshops, and Presentation Topics (custom programs also available)

- ✓ Self Empowered™ Leadership
- ✓ The Leadership Challenge Workshop®
- ✓ The Five Practices of Exemplary Leadership®
- ✓ Leadership is Everyone’s Business
- ✓ Your North Star: Values Discovery & Alignment
- ✓ Speak Up: Using Values to Find Your Voice
- ✓ Strategic Being: Lead from the Inside Out
- ✓ The Best-Kept Secret of Successful Leadership
- ✓ SMART Recovery: Four Steps to Life Beyond Addiction
- ✓ The Leadership Challenge®: Model the Way
- ✓ The Leadership Challenge®: Inspire a Shared Vision
- ✓ The Leadership Challenge®: Challenge the Process
- ✓ The Leadership Challenge®: Enable Others to Act
- ✓ The Leadership Challenge®: Encourage the Heart
- ✓ The Student Leadership Challenge®
- ✓ Why Can’t We Call Just Get Along?
- ✓ From Recovery to Discovery: A Survival Story

CERTIFICATIONS

Small Business; Women-Owned Business (WOB); Targeted Small Business (TSB)

CREDENTIALS

- ✓ Certified Master, The Leadership Challenge®
- ✓ Certified Coach, Leadership Practices Inventory®
- ✓ Teacher-in-Training, Center for Koru Mindfulness (completion in June 2023)
- ✓ Certified Facilitator, The Student Leadership Challenge®
- ✓ Master of Arts, Strategic Communication & Leadership, Seton Hall University
- ✓ Bachelor of Arts, Communication Studies, Buena Vista University

REGISTRATION

The System for Award Management (SAM)

NAICS CODES

- ✓ 541611 – Administrative Management and General Management Consulting Services
- ✓ 541612 – Human Resources Consulting Services
- ✓ 541618 – Other Management Consulting Services

INDUSTRY CERTS

