



INSPIRED SUSTAINABLE LEADERSHIP  
STARTS WITH THE BODY

# Guts & Grace

A Year-Long Leadership & Resilience Program for Women

[WWW.GUTSANDGRACE.COM](http://WWW.GUTSANDGRACE.COM)



# On Leading with Guts... and *Grace*.

Leading with grace is a skill. If you are a woman in leadership, it isn't just a nice to have - it's a must. Unfortunately, they don't teach this skill in traditional management programs. It isn't a part of the curriculum at Harvard Business School, it's not on the start-up incubator menu, and it isn't covered in most corporate training initiatives.

The result is that **many of us end up learning the hard way** – we give away important parts of ourselves while taking the bold, gutsy actions required to forward our mission in the world.

In 2004 I was offered what should have been my dream job. I was teaching in rural China, as part of the Princeton in Asian international fellow program. Despite my lack of formal training, a global Fortune 500 company was inviting me to serve as the cultural awareness advisor and communication coach for one of their top executives in Shanghai.

I was over the moon – ready to dive in and give it my all. There was just one problem. By the time the offer came in, the cracks in my perfect plan had started to show – cracks that would eventually shatter my dreams, and take me back to ground zero. I had worked SO hard and given up SO much of myself to get there, I was on the verge of burnout. A mental breakdown and major illness sent me careening into a six-month crash. It took two years to recover.

If you have ever felt ***exhausted, overwhelmed or resentful while doing work you love*** as a result of giving away more of you than you should, then you know what I'm talking about.

No matter how fired up you are about the incredible work you do in the world, there is a glass ceiling you inevitably hit when you ignore the warning signs of your body, your heart or your emotions. My breakdown led me to into a deep-dive study of embodiment, mindfulness and positive psychology. I learned how to heal myself DAILY, and access my true POWER as a woman leader.

After twelve years of coaching women in the corporate, government and non-profit sectors on these same challenges, and seven years of polishing, perfecting and tailoring this curriculum for leaders just like you, I'm now opening the next

***Guts and Grace Mastermind*** cohort for January 2020.

In the following pages you will find details about the program, including the 2020 program dates, and learn whether this game-changing experience is right for you.

With boldness, and in solidarity,

The logo for LeeAnn, written in a teal, cursive script font.

## You Will Learn....

- How to **tell the difference between driving and thriving**, and why the latter is a much better strategy for sustainable, long term success.
- How – and why – **you are actually creating your own overwhelm, upset, and even physical pain** as a way of sabotaging your success. And how to stop.
- Why **the messages your body gives you** are one of your greatest super powers as a leader – and how to use them to your advantage.
- **What to do with your intuition** – how to recognize it, how to listen to it, how to learn from it, and how to lead from it.
- How your Daily Practices – **the habits you set in motion, and then ride upon** – are the key to getting more done. And why "default practices" end up derailing most women leaders today.
- How to **recognize and navigate your Achilles heel** (yes, we all have them), and what to do when it shows up in a mission-critical moment.
- How to **be the starting point of something different** in the context of the chaos, temporary insanity or just plain vanilla leadership that surrounds you.
- And more!

I AM DELIBERATE AND AFRAID OF NOTHING. - AUDRE LORDE



LeeAnn's programs create a much needed environment of safety, encouragement and growth. I was able to take a deep breath, relax and explore challenges I rarely share with the outside world. She has empathy for everything, and still really holds you accountable.

There was also something really inspiring about the group of women in the program. It's humbling, but simultaneously encouraging, to share my struggles and breakthroughs in a community. Even though I'd never met these women, I felt as though I was sharing the experience of life with them.

Courtney Miller, Nonprofit Leader, California

## To Be Clear...

This program is not about learning a few more tips, tricks and tools for a healthier lifestyle. You already know those things (even if you don't always do them!) It is also not about learning great new "strategies" to run your business in the right way.

Here's why. At your level of success, **the next stage of development is to cultivate the SELF you are as a leader.** Whether you are leading a major corporate initiative or delivering humanitarian aid on the ground in Haiti, your own personal sustainability has a massive impact on the sustainability of your project. The cleaner your transmission...

- ...the less re-work and clean up your work will require
- ...the more powerful your message will be
- ...the better decisions you will make about what to do next
- ...and the greater your impact will be

As they say, the personality of an executive affects the entire culture of her organization. The tenor of your work in the world is a perfect mirror for your inner climate. Together, we will take a look at that climate, and create a road map for change – both internal and external.

In short, this program is about learning along with like-minded woman leaders how to to truly *be the change* you wish to see around you.

More at [www.gutsandgrace.com](http://www.gutsandgrace.com).

I couldn't help but think that at my level, I should have learned this stuff before – strong communication, how to listen to my intuition and take care of myself physically and emotionally. But these are still things that we all struggle with as women, and there are not a lot of training programs available that addresses these issues really well. I am already MUCH more competent as a leader and much more skilled as compared to my peers, having participated in this program.

Nora Habig, Administrative Vice President,  
M&T Bank, Pennsylvania



# The Details

**12-Month Mastermind Program Dates:** January 6th 2020 - December 21st 2020

## **You Will Receive:**

Connection to an intimate group of innovative women leaders (max 16 participants)  
Monthly one-on-one embodied leadership coaching sessions  
Monthly virtual lessons including podcasts, mindfulness practices and game changing questions  
12-Months of virtual group coaching calls with an experienced and highly intuitive leadership coach  
12-Months of virtual group mastermind calls to facilitate peer learning and integration  
Optional face-to-face meetings and live women's retreat opportunities  
...and more!

As a way of saying “thank you” for the BIG work you already do in the world, I offer those who are interested in working with me a SINGLE, POWERFUL coaching session to get a taste of whether my support is a good fit.

If you feel drawn to be a part of this program,  
email me at [leeann@leadinginmotion.com](mailto:leeann@leadinginmotion.com) to set up a conversation today.

## About LeeAnn

**LeeAnn Mallorie, MAPP, MSC** is an executive coach and the founder of Leading in Motion LLC. She specializes in the critical intersection of personal well-being and effective leadership, especially for women. In her programs, LeeAnn helps leaders tune into the wisdom of their own bodies, so that they and their organizations can thrive. In addition to coaching, she speaks and trains on leadership, resilience, embodiment and purpose.

LeeAnn is a graduate of the University of Pennsylvania Masters of Applied Positive Psychology program. She is also a trainer for the Strozzi Institute School of Embodied Leadership. Organizations impacted by her work include NASA, M&T Bank, Enpro Industries, Mattel, CGR, Logitech, Zymergen, InstaMed, Genentech, Janney Montgomery Scott, the Ford Foundation, the Edna McConnell Clark Foundation, and the US Naval Air Systems Command. LeeAnn is a proud member of the Shakti Leadership and Conscious Capitalism global communities.

