

Excavive

— An Empowered — Leadership Program

Excavate the True Leader Within
Jennifer M. Blair: Life Coach • Speaker • Author



Leadership is about taking responsibility for your own personal impact. As an effective leader, you need to understand how you affect others, as well as how to face your fears and choose goals to create sustainable results in today's fast-paced, modern and innovative world.

In this customized leadership program, participants will learn how to be authentically effective in their lives and accomplish what they want based on their unique strengths, core values, leadership influence and personal style. Presented in its entirety or only a topic or two, "Excavate the True Leader Within" will provoke thought, inspire action, expand creativity and help attendees pursue passion individually as well as within the collective group as a whole.

Objectives:

1. Personal empowerment through experiential training, self-assessments, coaching, communication and creativity tools.
2. Introduction of how to authentically show up at work using your own strengths and values.
3. Improve communication skills to be more effective.
4. Create a shared group vision, invoking passion, empowerment and purpose to honor the legacy of the company mission and values. Enhance mutual understanding of each other as individuals and the collective group, as a whole.
5. Create a work plan with inspired goals and actions to support objectives, personally and professionally.

— LEADERSHIP SPEECHES & TRAININGS —

Excavating Strengths & Values

Jennifer guides participants in identifying innate strengths and core values, claiming unique gifts and boosting self-confidence and effectiveness. The Clifton StrengthsFinder assessment tool serves as the program's cornerstone, helping participants identify and understand their unique combination of talents, knowledge and skills in order to focus on what they do best, every day.

Success Through Inspired Action & Soulful Goal Setting

Jennifer poses compelling questions to assist in setting personal priorities and soulful goals to inspire action and results in today's fast-paced, modern world. Additionally, attendees will create their own definition of authentic success, both personally and professionally, and strategies to achieve their goals.

Balancing and Prioritizing Your Career

This module shows how to celebrate the positives of work – as well as identify what's working and not working. Jennifer will lead a discussion on areas of needed improvement or change. The result: an action plan that will move participants forward toward more job effectiveness and personal satisfaction.

Excavate Your Voice: Tools to Communicate Effectively & Powerfully

This communications presentation teaches audiences simple skills on how to get messages heard by anyone in life. This interactive presentation includes the following subtopics of asking for what you want; learning the art of active listening; using non-violent communication; giving feedback; delegating; understanding the benefits of anger; and practicing ways to fiercely speak your truth. Additionally, each group will create its own agreements of engagement.

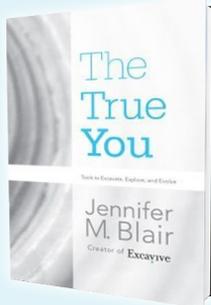
Sourcing Creativity, Innovation & Inspiration

Based on her book *The True You: Tools to Excavate, Explore and Evolve*, Jennifer shows attendees how to uncover their authenticity, tap into their creativity, use their imagination, source solutions quickly and remove any barriers that block fresh ideas. Participants will be encouraged to integrate creativity into their lives on a regular basis.



Jennifer M. Blair is a Life Coach, Speaker and Writer based in Louisville, Kentucky. In 2003, she founded Excavive™ Coaching & Consulting as a way to empower people to pursue their passions, increase their self-confidence, communicate powerfully and build the kind of lives they truly want to live. Jennifer's fierce commitment to her work focuses on personal and professional life coaching, creative and entrepreneurial consulting, writing and inspirational speaking.

A member of the International Coaches Federation, she uses her knowledge from the corporate, non-profit and entrepreneurial worlds, as well as her extensive leadership, life coaching, volunteer and motherhood experiences to connect to her audiences, making a difference in the lives of clients, audiences and readers all over the world.



Jennifer is the author of
The True You: Tools to Excavate, Explore and Evolve
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— TESTIMONIALS & CLIENT LIST —



"When I taught the senior level portfolio design class for Fashion Design at the University of Cincinnati, I brought Jennifer in to facilitate several assignments that asked students to define their values, vision and goals. The students then had a way to think about how they wanted to present themselves through their portfolios and how to use this self-awareness to go for jobs they'd be most passionate about. Jennifer embodied passion, vision and self-actualization to hundreds of eager and impressionable young people, leading by example and spirit."

Valerie Jacobs, VP & Managing Creative Director, Trends, Ipk, Cincinnati, OH



"Jennifer Blair is an immensely gifted coach. As a business consultant, she has facilitated StrengthsFinder 2.0 sessions for key teams. The sessions have led to better teamwork, management approaches and self-awareness. As a speaker, she commands the room with positive and relevant messages. Jennifer's true talent is her ability to lead people to a mindset that develops their very best, while addressing key patterns that serve as obstacles to growth. Empowered with a wealth of tools that support her clients' vision and a steady stream of follow up, compassion, accountability and wisdom, she truly finds joy in every aspect of her work."

Heather Mickley, Managing Director, Wax Communications, Louisville, KY



"We hired Jennifer for our annual board retreat as well as continued follow up sessions. Jennifer helped us focus in on what we wanted and needed to accomplish in the following year, and helped us build accountability into the process in a way that wasn't dictatorial or onerous. Our board has become more effective, and each of our board members is more involved and dedicated now that we have clear goals that match individual talents and passions. We are all excited about what we've been able to accomplish since we started our relationship with Jennifer."

Jennifer Rubenstein, Executive Director, Louisville Independent Business Alliance, Louisville, KY



"I had the pleasure of working with Jennifer to build a Leadership Training Series. Opening the series with the StrengthsFinder exercise for our Senior Management Team was an eye opening experience from a Human Resources perspective. Jennifer is amazing, and her knowledge and expertise in leadership coaching provided the framework to build on the great team we already had in place."

Diane Breeding, PHR – HR Manager, Simpsonville, KY



- American Advertising Federation of Louisville
- Baptist Hospital East
- BB&T Insurance Services
- Brown Jordan
- Davis Jewelers
- GE Appliance Park
- Hosparus
- Housing Management Conference
- ICF North Texas Chapter
- ICF Ohio Valley Chapter
- Junior League of Louisville
- Kentucky Nutrition Service Center Conference
- Kentucky Society of CPA's
- LIBA (Louisville Independent Business Alliance)
- Ipk in Cincinnati
- Mortenson Family Dental
- NAIFA (National Association of Insurance and Financial Advisors)-Louisville
- Norton Healthcare
- University of Cincinnati
- University of Louisville
- Wax Communications
- Wave 3 TV
- YPO (Young President's Organization)

