



Ph/txt: 301.693.9580

Executive Coach, Leadership Trainer, Coach Faculty and Mentor

Frederick, Maryland//Washington, D.C. Metropolitan Area, FederalExecutiveCoach.com

Busy executives partner with Anne to disconnect from workplace chaos and reconnect to their most resourceful and authentic selves. Recharged and balanced, her clients provide inspired leadership their organizations and teams must have. Anne's clients report a direct link between coaching and outcomes such as **leading change, effective time management**, work-life balance, **coalition building**, clarity on personal and professional values, self-care, **leading people**, mission accomplishment, adaptive leadership, **trust, and team morale**. As a former, long-time federal employee, Anne understands the unique culture and challenges facing our federal executives.

Anne is an **ICF Professional Certified Coach (PCC)** with over 2,000 client hours of coaching. Since 2003, Anne has coached **executives, managers, and mid-level leaders** while earning multiple credentials as a leadership development specialist. A former Federal employee, Anne served for 27 years as a **senior leadership trainer** and **program/facility manager**.

Anne's **certifications** include: ICF Professional Certified Coach, PCC; Certified Mentor Coach, CMC; MBTI®; DiSC®, Five Behaviors of a Cohesive Team®, 360-degree reviews, Certified Master Inspired Learning Facilitator™ and Faculty; Certified Army Leadership, Education and Development Trainer Certified Department of the Army Quality Management Trainer/Facilitator

Anne earned a Bachelor of Science in Administration from Radford University and works from her office in beautiful Frederick, MD, where she resides with her family. When not supporting her clients, she may be found participating in improv showcases or refining her Master Gardener skills.

Past Performance

- Department of Defense (20 years)
- Department of Agriculture-APHIS
- Department of the Interior-NPS
- Department of Homeland Security/FEMA, CBP
- Department of Transportation
- Department of Commerce
- Federal Aviation Administration
- Veterans Benefits Administration
- Veterans Health Administration
- Environment and Corridor Planning Division
- ICF Metro DC Coach Chapter Mentor
- Northern VA Family Services
- Frederick Community College

Leadership Courses Designed and Delivered

- New Supervisor Training
- Change and Transition Training
- Coaching Competency for Leaders
- Mid-level Leadership Program
- Team Building, Effective Listening
- Myers-Briggs Type Indicator®
- Managing Change and Transition
- Process Improvement/Quality Management
- Advanced Leadership Skills
- Trust, Team Building, and Leadership
- Ethics in Coaching and Client Rights
- Coach Competency Continuing Education
- Business Building for Entrepreneurs
- Active Listening and Communication Skills