

# CONDUIT FOR CHANGE



## ANNELIES M. GENTILE, MA, PCC

INTEGRATIVE LIFE & LEADERSHIP  
COACH | SPEAKER | AUTHOR

ANNELIES IS A TRUSTED GUIDE FOR LEADERS, entrepreneurs, and executives ranging from companies to fields of government, healthcare, law, education, non-profits, arts, tech, science and sales. Annelies is an expert on cultivating resiliency. She also coaches individuals and facilitates groups and teams to better nourish integrity, fueling personal and professional vision. Annelies helps professionals navigate change mindfully, creatively and successfully.

FROM CHAOS TO CALM to the power of the creative process to transformative leadership, Annelies facilitates inspirational, informative and interactive experiences that empower people, foster ideas and change lives. Annelies is your conduit for change!

Executive Coaching . Staff Retreats . Keynote Talks . Resilience Workshops



"Annelies' wisdom about the human condition is quite brilliant and valuable!"

~ Niki Steckler, Ph.D., Associate Professor of Management, Oregon Health & Sciences University

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"What a powerful and thought-provoking experience! This workshop was excellent!"

~ Leslie Blair, IBM Scrum Master

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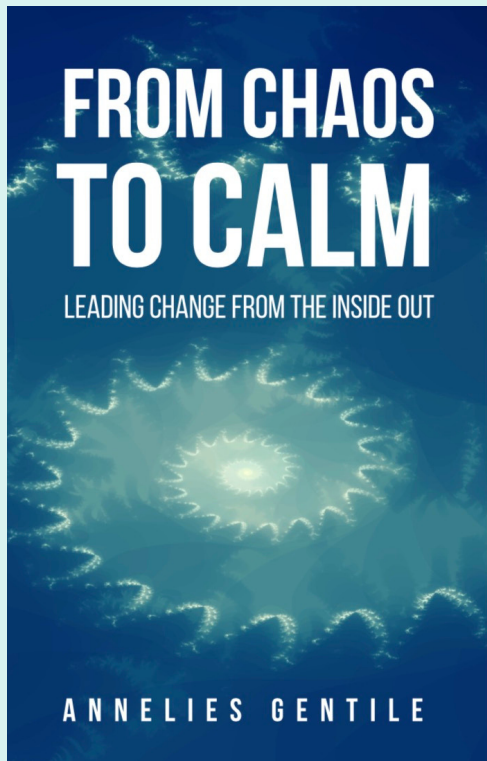
"Annelies brings you back to the human experience."

~ Sally Genoa, Wake County Government



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ISBN 978-1-946425-26-3

## THE SPEAKER

ANNELIES BELIEVES IT'S IMPORTANT to cultivate ripe and meaningful experiences for people to connect and see what's possible. You won't find her in front of a standard powerpoint slide (very often) but you will find her facilitating interactive workshops, restful retreats and thought-provoking presentations exploring core essential topics such as...

CULTIVATING RESILIENCY IN TIMES OF CHANGE

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DEVELOPING EFFECTIVE COMMUNICATION AND COLLABORATION FOR OUR DIVERSE WORLD

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SHAPING TRANSFORMATIVE LEADERS

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UTILIZING THE CREATIVE PROCESS TO REDUCE CONFLICT

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LEARNING EMPATHY AND MINDFULNESS FOR A COMPASSIONATE CULTURE

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MOVING FROM CHAOS TO CALM AND OTHER STRESS REDUCTION TOOLS

## THE BOOK

Cultivating resiliency in changing times takes skills and wisdom. In this part personal story, part philosophy, and part guide book, you'll learn nuggets for life, leadership, and well-being. To regain a sense of peace with what is, even in chaotic times, we need to begin within. From Chaos to Calm :: Leading Change From the Inside Out is available on Amazon.

"This is more than a book. This is a movement!"  
~ Debbie Abdullah