

Positive Forward Motion in the *FAST lane
(Frustrations, Assumptions, Stressors, Triggers)

LESLEY CALVIN MA CPC ACC
COACH | FACILITATOR | SPEAKER

*Positive
Forward
Motion*

LESLEYCALVIN.CA
LESLEYCALVINCOACHING@GMAIL.COM



This overview is formatted for a **6 month 1:1 Personal/Professional Development Coaching Plan**, please note that *Positive Forward Motion in the FAST Lane* can also be delivered in a variety of modalities; 1:1, group/team; Workshop; Keynote. And available for Students; Professional Staff; Managers/Leaders; Senior Leaders/Executives.

All individuals that complete the 1:1 program will receive an ***Emotional Intelligence and Emotional Management in Leadership*** Certificate of Completion.

Program goal:

To facilitate a truly powerful and transformative Personal, Professional and Leadership exploration, growth and development Coaching experience.

Program Overview:

As the leader of your life, you will develop deeper understanding of self and others, optimize mindfulness, calm and optimism in the face of your ever-swirling personal and professional life. To foster clarity of goals, focus in planning and execution, and build resiliency, grit and emotional intelligence in order to ensure the development of self-regard and stress tolerance; through the unknown.

And for the win...

Practice, apply and **MASTER** the *Positive Forward Motion in the FAST lane* model and framework to transform YOUR life in the face of frustrations, Assumptions, Stress and Triggers as you navigate your next best steps!

Make the choice to let your personal development drive your professional success.

Program Outcomes:

- 6 months of Coached sessions (face to face, telephone, skype, etc) to dig in and keep or move YOU ahead in positive forward motion
- A framework for **managing** your stress, emotions and behaviours in the FAST lane
- A coached process to flush out and understand **goals, values, traits, motivators and triggers**
- The opportunity to complete key **trait**-based (MBTI/Personality Dimensions) and **attitudinal** (Emotional Intelligence EQ-I 2.0 and Energy Leadership Index ELI) assessments with facilitated ACC Coach and Master Practitioner debriefs, to optimize, leverage and ACTION results
- Create Positive Forward Motion **stretch goals** and **action steps** to move forward
- Create a **transformative accountability framework** to meet and exceed goals
- 6 months with a firm and wildly supportive, motivating, dedicated and credentialed ACC Coach, ELI-Master Practitioner, and Organizational Leadership specialist and former Higher Ed Administrator

Bio and Testimonials

Lesley Calvin, MA, CPC, ACC
Coach | Facilitator | Speaker

Lesley Calvin is a Leadership Development Coach and Trainer, and is highly revered as an Emotional Intelligence Specialist with a warm, dynamic, and impactful approach to her coaching, facilitation and speaking engagements. As a former Associate Director of Engagement and Leadership, Advising and Career Services, Lesley has dedicated almost two decades in her passion-driven career, to the personal, professional and leadership development of individuals and organizations, with the mission of furthering **Positive Forward Motion** in the ***FAST** lane by addressing the ultimate **triple bottom** line (*Personal, Interpersonal and Professional success*).

Lesley Calvin is one of few Leadership Development Master Practitioners with the expertise and certification to administer and facilitate both the [Energy Leadership Index \(ELI\)](#) Assessment and the [Emotional Intelligence Assessment \(EQi-2.0\)](#) both recognized by Forbes in their top 10 as must take assessments for Professionals/Leaders. With her unique and specialized approach, Lesley works with individuals and teams to identify strengths, triggers, and development areas, to deliver elevated results, fuel positivity and foster engagement.

Working with individuals and organizations looking to increase their leadership capacity is her *niche*. Building emotionally-intelligent high performing skilled professionals, leaders, and organizations is her *mission*. Fostering awareness of self and others, optimizing individual and collective Emotional Intelligence, and increasing adaptability and stress tolerance is her *deliverable*.

With a Masters degree in Organizational Leadership (MAOL), Designation as a Certified professional, Leadership and Transition Certified Coach (CPC), an ACC professional accreditation by the International Coaching Federation (ICF), and an immeasurable passion for personal, professional and leadership development, Lesley Calvin has led countless individuals to understand themselves deeper, build confidence, and healthy assertiveness, as well as develop a framework for stress management and emotional self-regulation in the busyness and stress of life. As a seasoned Administrator and leader of people and multiple departments, Lesley works to foster leadership of self and others, in order to increase happiness, engagement, and proactiveness, while decreasing self-doubt, and stress.

Lesley's approach is rooted in positive psychology, and aims to support the healthy development of balance between self and others, personal and professional and, work and life. Lesley takes pride to ensure anyone investing their precious time in her, leaves feeling supported, that they have added to their leadership success toolkit, literally and metaphorically, and feel confident about next steps.

Her authentic, dynamic, and engaging delivery style leaves you wanting to sign up for her next workshop, coaching session, or keynote before you're finished the one you are in!

Testimonials Coaching Clients

Ruth Unrau, Owner, Ruth Unrau Leadership Development

Being with Lesley is energizing by itself. She gives you her whole authentic self, and her enthusiasm and passion for what she does. She is prepared, professional, engaging and completely focused on you, her client. She works with you to create, or rediscover, the best version of yourself, the version you dream of, no matter where you are now, personally or professionally, and it is inspiring, contagious and attainable!

Working with Lesley and the Energy Leadership Index brought me a new level of self-awareness that has shown me, how I can quickly move from feeling down, or hard done by, to feeling hopeful and motivated, by understanding my triggers and then intentionally changing my thoughts to turn circumstances into opportunity, creativity and joy.

I would highly recommend doing any kind of work that Lesley offers, and definitely take the Energy Leadership Index Assessment! You will change your attitude, and changing your attitude transforms everything. In the best possible way.

Deanna McFadden, writer, publisher, wife, mother

When Lesley discussed the concept of a coaching session to help me overcome some of the day-to-day stresses of my new job, I was a bit hesitant. To be fair, I didn't quite understand what it was, and my preconceived notions — *that it's new-age and self-help-y* — were absolutely incorrect.

With Lesley's keen guidance and deep insights, I was able to come up with practical, logical and easily implementable ways to control my stress and realign my priorities so my days didn't feel so out of control.

Lesley's warmth, knowledge and directness were crucial to this process, and I'm happy to report that weeks later I'm still happily engaged in the two simple yet effective solutions we came up with, and I'm honestly more content than I've been in the five months since I started my job.

Overall, I highly recommend a session — it's important to know that coaching isn't about "fixing" you, it's about unblocking and opening, finding solutions, and feeling supported — and you'll find no better advocate than Lesley Calvin, whose strength, kindness, and smarts have saved me more times than I'd have space to talk about here.

Chris Sinclair, Vice-President, Brand Boulevard

Coach Lesley helped me build a healthier balance between my business and personal life. Through the framework of the Energy Leadership Index and our work on emotional intelligence, I was able to create greater self-awareness and understanding of my conscious and unconscious triggers. She is compassionate, heartfelt and truly loves helping people grow.

Eileen, Administrator, Rochester NY

Lesley is a great coach. During my weeks of coaching with her, I experienced breakthrough in several areas of my life.

Lesley has a way of getting to the deep root issues and helping you to process through them. With her coaching, I was able to work through some difficult blocks in my life and begin to move forward.

Lesley is very validating and helped me realize that my feelings are normal. She was also very helpful in working with me to set manageable goals so I could see results.

I recommend Lesley wholeheartedly as a coach.

Testimonials

Workshop Participants

Dave Haley, Water Wastewater Services, Niagara Region

I attended Lesley Calvin's energy management and emotional intelligence coaching workshop. The material Lesley delivered helped me immensely.

As someone transitioning into leadership roles professionally, while balancing a young family in my personal life, the material really hit home. It has helped me to navigate through social interactions both personally and professionally.

Lesley's methods of delivering the material were crucial to its success. She has a way of delivering the key concepts while making them relatable to our daily lives. It is a very informative, eye opening, and fun way to either learn these new-to-you concepts, or gain another understanding of them.

I will forever have the tools from her workshop to use throughout my day-to-day life, and look forward to working with her again!

Laura Zlomislić, Entertainment & Marketing Management, Casino Niagara

As a Participant, I was lucky enough to be given the opportunity to participate in one of Lesley's workshops. Not only was the content thought-provoking and invaluable as a young leader, but her application of the material and personal energy was top notch.

Easily on par with some of best of development workshops I've attended; I would eagerly recommend her services to anyone looking for personal energy reflection, professional energy development, and/or leadership and career advancement.

Level 7 all the way!

Abbas Sumar, Associate Director, Global Strategy, Niagara College International

As a strategic planner, facilitator and leadership developer, Lesley brings a breadth of multi-sectoral experience, coupled with depth, in developing and supporting emotionally-intelligent, results-driven

and people-centred leaders.

The Context: My team recently engaged Lesley to work with us through a challenging change management process, using our commonality as the starting point to build lasting consensus, and establish trust, between peers and teams. We were a collection of 4 co-located teams, with distinct, though intersecting, mandates, a tenuous unifying theme, and 4 different *languages* that did not translate well.

The Result: Through our time with Lesley, our team dynamic is rapidly evolving and what was once a challenge – us having meaningful engagement - is now near-second nature. We now have the tools to collaborate, and a common language to communicate.

The Recommendation: If business success, shared values, and/or unified strategy matter to you, then Lesley Calvin should be your first call.

Related Skills and Competencies

Master's degree in Organizational Leadership (Graduated Summa Cum Laude)
Associate Certified Coach ACC ICF
Proven *Leadership* program developer
15+ years in Higher Education (Associate Director-Engagement, Leadership, Advising and Career)
Exemplary Training and Facilitation skills
Workplace Mental Health Leadership – Queens University certificate
Demonstrated leadership experience Chairing and serving on Boards, Steering Committees Demonstrated
Project Design, Development, Implementation and Management skills
Proven background in Engagement, Group Dynamics and community building
Highly developed organizational, communication and interpersonal skills
Strong critical thinking and problem-solving abilities
Excellent oral and written communication skills
Proven comfort and experience with public speaking
Demonstrated workshop/curriculum design, delivery experience
Self-motivated, enthusiastic, passionate and driven, with an ever-present positive attitude Demonstrated
experience in collaboration and partnership development
Experience managing professional staff and service units
Proven computer/technical and multimedia skills

Education

Certified Professional Coach (CPC) Institute for Professional Excellence in Coaching
Master of Arts in Organizational Leadership (Summa Cum Laude)
Medaille College, Amherst, New York 2012
Bachelor of Arts Degree (Combined Double Major) International Development/History
University of Guelph, Guelph, Ontario 1994
Certificate in Workplace Mental Health Leadership - Morneau Shepell - Queens University, 2017
Leadership Niagara Participant 2015

Certified Assessment Facilitator:

Certified Emotional Intelligence EQi-2.0 EQi-360 EQi-Higher Ed
Myers-Briggs MBTI® Step II™
Energy Leadership Index Assessment - Master Practitioner
Certified Personality Dimensions® PD

Positive Forward Motion

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Certified Emotional Intelligence, Energy Leadership (Mindfulness) and Leadership Development Expert
Perfect for Students, Professionals, Teams and Organizations

lesleycalvin.ca

lesleycalvincoaching@gmail.com

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