



Our energy is our currency, our emotional and behavioural self-management is our brand, personally and professionally. To know ourselves and to hold up a mirror to our strengths, competencies, blind-spots and triggers, as leaders of ourselves, and in the lives of others, is an investment in our professional development, in the relationships we cultivate, and in the organizations we serve.

Embracing an agile Mindset, learning a new framework and increasing our mindfulness to manage and foster healthy, and positive Emotional Intelligence, in the FAST Lane© is a key and defining element of our individual and collective Leadership Acumen, and highly worth the investment of our time and resources.

Prioritizing the holistic growth and development of yourself and your folks through team workshops increases the ROI of your PD dollars. For the average cost equivalent of sending a staff member or two to a conference, you create a learning opportunity for your full team to move in Positive, Forward Motion!

*Lesley Calvin*

## Positive Forward Motion, Inc – Lesley Calvin Coaching, Training and Consulting

### Coaching 1:1

- Personal (life) Development
- Professional Development
- Emotional Intelligence
- Leadership Coaching
- Executive Coaching
- Positive Forward Motion in the FAST Lane© Guided Coaching Program
- Other \_\_\_\_\_

### Workshops: 90 mins/ ½ day/ Full Day

- Your Energy Your Choice - *The Energy of your Workplace – How your collective energy sets the tone for your team/organization*
- Your Energy Your Choice - *The Energy of (Your) Leadership – How your leadership energy predicts your success, impact, and sets the tone for your team*
- Introduction to Emotional Intelligence in the Workplace
- The Emotionally Effective Leader
- Advanced Emotional Intelligence for Leaders
- Fundamentals of Leadership Development (*10 +individual session or series*)
- Managing Conflict and Personalities in the Workplace
- Personality Dimensions - *Understanding preferences of Self and team*
- MBTI Myers-Briggs – *Understanding preferences of Self and team*
- Five Dysfunctions of a team – For Teams
- Five Dysfunctions of a team – For Leaders of Teams
- Mindfulness in Leadership
- Mindfulness for Teams
- Positive Forward Motion in the FAST Lane© (must complete Energy and EI before this culminating workshop)

### Keynotes (5 min – 45 mins)

- The Splash Zone of Awesomeness – for any organizations who want to live in the splashzone of awesome
- Your energy introduces you before you ever say a word – Your energy, your choice
- Leveraging the rich diversity of personalities in the Workplace - The traits and characteristics that bring us together, bond us together, and make us successful together
- $E=mc^2$  - The effect of Energy on your Culture and Capacity (The energy of your people IS the energy of your culture and ultimately your BOTTOM line!)
- Communication and Leadership – leveraging one for impact in the other
- Other \_\_\_\_\_

### Consultancy/Custom Programming

- Team building

Lesley Calvin MA CPC ACC Life, Leadership & Organizational Culture Specialist  
Coach | Trainer | Consultant | Speaker

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- Interactive Simulations
- Strategic planning
- Leadership Training and Development
- Positive Leadership
- Positive Organizational Culture
- Coaching Skills Development for Leaders
- Mentoring in the Workplace
- Other \_\_\_\_\_

**Alternative delivery Modalities available when needed for remote, large or non-centralized teams  
(Offsite, Masterminds, Webinars, Zoom interactive, etc)**

### **Costing**

#### ***Coaching (1:1 – Group, F2F, Web based, Phone, other)***

\$100 – \$500 hr

#### ***Workshops (Live, Webinar, Retreat, multi-day, other)***

\$495 – \$3500

#### ***Keynotes***

\$500 – \$3500

#### ***Consultancy/Custom Programming***

\$500 - \$5000

Thank you in advance. Please highlight/indicate any and all programming you would like further information on and I will follow up with specifics.

If you would prefer to follow up on the telephone, we can arrange a time to chat. Copy and follow link below to book a discovery call.

Warm regards,

Lesley

Positive Forward Motion, Inc  
**Lesley Calvin MA CPC ACC**  
**Life, Leadership & Organizational Culture Specialist**  
Coach | Trainer | Consultant | Speaker

Certified Emotional Intelligence, Energy Leadership Index (Mindfulness) and Positive Leadership Development & Organizational Culture Specialist  
**Inspire. Engage. Transform. Lead.**

<https://calendly.com/lesleycalvincoaching/30-min-consult>

## Bio and Testimonials

Lesley Calvin, MA, CPC, ACC MBTI, ELI-MP, PD, EQi-2.0  
Coach | Facilitator | Speaker

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Let your personal development drive your professional success!

Building Emotionally intelligent, high-performance HAPPY, individuals & organizations is my jam. Working with people to live their best life is my goal!

I am a Leadership Development Coach and Trainer, and highly revered as a Certified Emotional Intelligence Specialist with a warm, dynamic, and impactful approach to my coaching, facilitation and speaking engagements. As a former Associate Director of Engagement and Leadership, Advising and Career Services, I have dedicated almost two decades in my 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) to increase positivity, increase engagement and fuel results!

I am proud to say I am one of few Leadership and organizational 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 **must take** assessments for Professionals/Leaders. With this unique and specialized approach, I work with individuals and teams to identify strengths, triggers, and development areas that typically cause stress, barriers and conflict.

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

With a Masters degree in Organizational Leadership (MAOL), Designation as a Certified Professional Coach (CPC), an ACC professional designation by the International Coaching Federation (ICF), and an immeasurable passion for personal, professional and leadership development, I have led countless individuals and organizations 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 work and life. I work to foster leadership of self and others, in order to increase happiness, engagement, and empathy, while decreasing self-doubt, anxiety, and interpersonal stress.

My 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. I take pride in ensuring anyone investing their precious time in me, leaves feeling supported, that they have added to their personal and professional success toolkit, literally and metaphorically, and feel empowered about their next steps.

I feel confident that my authentic, dynamic, and engaging delivery style will leave you wanting to sign up for my 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.

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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.

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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.

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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!

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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

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Positive Forward Motion

**Lesley Calvin MA ACC**

Coach | Facilitator | Speaker

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

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Lesley Calvin Coaching links on Social

[FB](#) [Instagram](#) [LinkedIn](#) [Twitter](#)

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