

WE'RE HERE NOW
WE'RE HERE TOGETHER

AND THAT WON'T
ALWAYS BE SO.

WHAT ARE THE
IMPORTANT
CONVERSATIONS

TO HAVE
IN THE MEANTIME?

ANNELIES M GENTILE, MA, PCC
IS AN INTEGRATIVE LIFE AND
LEADERSHIP COACH, SPEAKER,
PROCESS ARTIST AND AUTHOR OF
"FROM CHAOS TO CALM :: LEADING
CHANGE FROM THE INSIDE OUT".

SHE'S AN INVALUABLE GUIDE TO
RESILIENCE FOR LEADERS SEEKING
SENSE, SOLACE AND SANITY IN OUR
RAPIDLY CHANGING WORLD.

What are you creating?



CONNECT WITH ANNELIES

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AN EVENING WITH ANNELIES

SEE LIFE DIFFERENTLY



ANNELIES M GENTILE, MA, PCC

I've helped thousands of C-suite leaders, entrepreneurs and visionaries to transform, focus, and take bold brave action in their professional and personal lives. One-to-one, in a group, or from the stage I help leaders face uncertainty and navigate change with courage, creativity and grace.

*"Exceeded expectations. 5-Star! Practical and informative."
~ David Bohm, Director of Development, Campbell Law*

"I was able to conquer a very difficult time in my personal and professional life. Annelies was invaluable to my sanity and career as a physician." ~ K Dalton, MD

"She motivates people to do their best work by getting to know who they really are, allowing for their unexpressed selves to emerge." ~ Wendy John, Director of Global Equity, Diversity and Inclusion, Fidelity Investments

"We interviewed half-dozen coaches, Annelies came out on top as the coach we used for our faculty." ~ Sam Jacobowitz, MD, Director of Emergency, Wake Forest Baptist Medical

"Annelies facilitates connection, wellbeing and resilience. That's so impactful!" ~ Katrina Webb, Captrust Financial

*"What a powerful way to dig deeper. Annelies opened us up to discover valuable resources we didn't know were missing."
~ Taylor Miron, Wellness Coordinator, Wake Government*

"From Chaos to Calm is a masterpiece on thriving. Hopeful, relevant and thought-provoking book." ~ Elyse Archer, CEO

SOMEWHERE ALONG THE
WAY IN THE BUSYNESS
AND CHAOS OF LIFE...

WE FORGOT
OUR GIFTS,
OUR RELATIONSHIPS
TO EACH OTHER,

AND TO THE DIVINE
WORLD IN WHICH WE
ARE SUSPENDED.

IT'S TIME TO
REMEMBER

WHO WE ARE.

WHAT IS COACHING?

The International Coaching Federation defines coaching as "partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential."

Coaching is ...

- forward-focused conversation
- rooted in positive psychology
- provocative insightful dialogue that can unlock imagination, productivity and leadership
- life changing– if you want it to be

Coaching is not therapy nor "telling you what to do". You are the expert of you. Your coach is your co-pilot, illuminating blindspots while supporting your progress.

MINDFULNESS MATTERS

Annelies engages a **Presence-Based Integrative Approach** in her coaching/speaking practice. This unique interdisciplinary approach combines many areas of science including fields of integrative medicine, mindfulness, creative process, nature and transformative leadership.

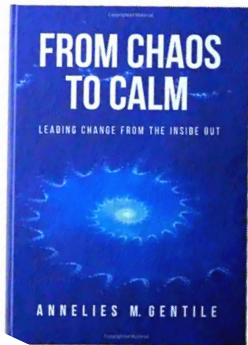
From a wider lens, you are invited to explore more than just goals and strategy. Busyness isn't coping nor *effective use of creativity*. Mindfulness matters.

*Are you going through many changes at once?
Value clarity, confidence, focus and direction?
Appreciate creative leadership with kindness?
Hopeful to re-align, re-define and re-invent?
Care to connect to what matters most?
Want a transformative experience?*

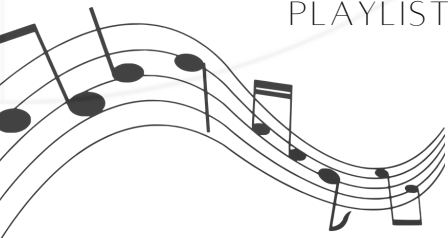
**Let's explore ways I can support you
and those you lead.**

Free Gifts!

DOWNLOAD ANNELIES' BOOK
FREE UNTIL MIDNIGHT!



AN EVENING WITH ANNELIES
PLAYLIST



Thank you!

AN EVENING WITH ANNELIES WAS GENEROUSLY
SUPPORTED BY THE FOLLOWING...

ROBERT COURTS OF VIVO GROUP MORTGAGE
YOLANDA SMITH OF HABITAT IMPROVEMENT
BILL BROWN OF MEREDITH COLLEGE
CHRIS DROESSLER OF BARNABAS MULTIMEDIA
MELISSA TERNES OF MASTER YOUR MONEY NOW
TAMI PERDUE OF SWEETPEAS URBAN GARDENS
GREG WHITT OF DRUM FOR CHANGE
MICHELE WEATHERS
LUI HENGHAO
ANNA HU
ROBIN SMITH
MELISSA ST JOHN
AMANDA OF JC RAULSTON ARBORETUM
DAVE CLOUGH OF YOUR HOSPITALITY RESOURCE

AN EVENING WITH ANNELIES
CELEBRATING 14 YEARS!



EMPOWERING PEOPLE FOSTERING IDEAS CHANGING LIVES



CONDUIT FOR CHANGE

SUNDAY, SEP. 18TH
JC RAULSTON ARBORETUM
4415 BERYL ROAD RALEIGH, NC

GALA STARTS AT 5PM
ENDS AT 7PM

LETTING GO LOUNGE

DESTRUCTION



What can you let go?

"I PEACEFULLY RELEASE..."

PEOPLE
THINGS
THOUGHTS
BURDENS
FEARS

WRITE WHAT YOU WANT TO
LET GO OF THEN TOSS INTO FIRE.
CONSIDER THE ABOVE...

TEENY TINY RITUALS

LIFE IS A CREATIVE PROCESS.

Everything is connected

What we hold true everyday affects our vision, vitality and ability to focus, imagine and make progress on what truly matters. It affects our resilience and how we experience life.

Perspective is Everything

Teeny tiny rituals can help in your everyday to focus, reimagine, relieve stress and process grief associated with change.

*Engage in activities that...
get you moving
engage your creativity
connect you to nature
connect you to your own nature
help you reimagine
help you let go*

Creativity resides at the edge of chaos

Not enough heat of change and we stagnate. Too much heat of change and we lose integrity. Just enough heat of change and we can create a new shape. *Knowing where you are in the arc of change is Resilience.*

Play with the edges

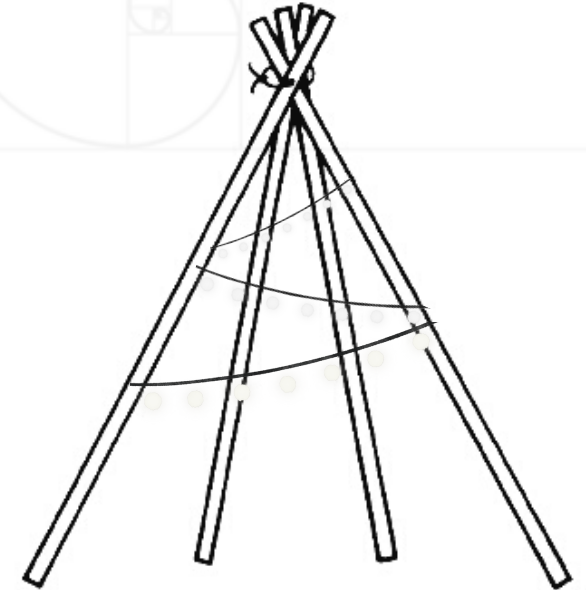
Chaos is a part of the interplay between things happening (creation) and things coming to an end (destruction).

MORE FREE RESOURCES



INTENTION TEEPEE

CREATION



What are you creating?

"I WANT TO SEE MORE..."

HOPES
DREAMS
VISIONS
GOALS
LOVES

WRITE WHAT YOU WANT TO
CREATE MORE OF THEN TIE ON.
CONSIDER THE ABOVE...