

# CALM UNDER PRESSURE

EXECUTIVE LEADERSHIP, CHANGE &  
CAREER TRANSITION ADVISOR

*So You Lead with Clarity, Confidence  
& Sustainable Performance*

I partner with leaders and senior professionals  
to navigate change, strengthen leadership and  
create sustainable success—without losing  
themselves in the process.



## HOW I CAN SUPPORT YOU



### EXECUTIVE LEADERSHIP

Enhance leadership  
presence, decision-  
making and impact.



### CAREER TRANSITION

Navigate career  
transitions with  
clarity and purpose.



### CHANGE

Lead and thrive  
through change  
with confidence.



### SUSTAINABLE PERFORMANCE

Strengthen performance  
while maintaining  
well-being.



### KEYNOTES

Inspiring talks on  
leadership, change  
and resilience.



### WORKSHOPS

Interactive sessions  
for teams and  
organizations.

## THE GLOW METHOD™

A proven, holistic approach that helps leaders  
grow with clarity, confidence and calm.

GROW • LEAD • OWN • WHOLENESS

## YOUR NEXT CHAPTER STARTS HERE.

Leadership isn't about having all the answers.  
It's about having the clarity, confidence and calm  
to navigate uncertainty.

A trusted partner for life's most important  
leadership and career transitions.

Ready to lead with  
greater clarity and  
strength?

*Let's connect. ✨*

 [www.luminarialife.com](http://www.luminarialife.com)

 Connect over LinkedIn

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## LEAD YOUR NEXT CHAPTER WITH CLARITY & CONFIDENCE

*You don't have to navigate change alone.*

I support leaders and senior professionals in  
periods of transition, growth and new beginnings.

### MY 1:1 COACHING & SMALL SESSIONS

Tailored support. Deep impact.



#### EXPLORATION SESSION (60 MIN)

Gain clarity on your  
current situation and  
next steps.



#### FOCUS SESSION (90 MIN)

Work on a specific  
challenge and create  
practical solutions.



#### DEEP DIVE COACHING (3-6 MONTHS)

Sustainable transformation  
with ongoing support  
and accountability.



CLARITY



CONFIDENCE



CALM



SUSTAINABLE  
PERFORMANCE



LUMINARIA LIFE  
LEADERSHIP. CHANGE. GROWTH.

# STRONG LEADERS. RESILIENT TEAMS. SUSTAINABLE SUCCESS.

*Leadership development that  
creates real impact.*

I partner with organizations to develop leaders,  
strengthen teams and navigate change with  
clarity and confidence.



## CORPORATE OFFERINGS



### LEADERSHIP DEVELOPMENT

Build leadership  
capabilities that drive  
engagement and results.



### CHANGE LEADERSHIP

Navigate change  
effectively and turn  
uncertainty into opportunity.



### WORKSHOPS & TRAININGS

Interactive, practical  
and tailored to your  
organization's needs.



EVIDENCE-BASED  
APPROACH



PRACTICAL &  
ACTION-ORIENTED



LASTING IMPACT



TAILORED TO  
YOUR CULTURE

LET'S CREATE IMPACT TOGETHER.

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