

# Your Success

**You bring your ideas, desires and dreams.** I ask you questions about them to help you get clear and even more excited about them, resulting in achieving your goals and dreams beyond your wildest expectations.

**You bring your unique talents, strengths and creativity.** I help you see and own them, leading to innovative solutions for you, your team, and your organization.

**You bring your doubts and fears.** I help you see what is real and what is blown out of proportion, resulting in creative, purposeful solutions.

**You bring your willingness to take action.** I support you by helping you be specific, accountable and courageous in planning and action.

**You bring your victories, accomplishments and wins.** I celebrate with you.

**You bring your missteps.** I help you get the most learning from them, resulting in new ways of thinking or behaving.

**You bring yourself.** I hold up a mirror so you can see what an amazing person you are.

## About Kathy Laurnen



**Kathy Laurnen, CPCC,** entered the healthcare field as a Registered Nurse over 25 years ago. At the beginning of her career, she loved taking care of patients. As she grew in experience and

saw a need she thought she could fill well, she moved on to management and leadership positions, most recently as the Executive Director of Mount Evans Home Health Care & Hospice in Evergreen, Colorado.

Through Kathy's experience and her certification by the Coach Training Institute, she has learned remarkable tools and techniques that help bring about individual and organizational success. CTI is affiliated with the Harvard Business School and is considered the Gold Standard of coaching.



**The Wisdom Shift**  
Leadership Coaching & Consulting

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Using neuroscience  
to help you tap into  
your unique talents,  
strengths and creativity.



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## Our Approach

**Kathy Lurnen, CPCC**, is the founder and principal of The Wisdom Shift. With her 20+ years of experience as a business leader in the healthcare industry, she helps leaders and their teams define their goals and values, then develop a plan and commit to creating that vision. The outcome results in successfully improving your clients' experience with your organization as well as creating your ideal work culture.

Great strides continue to be made in the world of neuroscience. It is now known that at any age, we can create new neuropathways, or new ways of thinking and being, to help us live more fulfilling lives. Kathy's approach incorporates the use of neuroscience to enhance your own ability to change.



## Our Solutions

### Business Clients

#### Package #1

Includes Coaching & Consulting for the CEO/Leader of an organization. I support you in becoming the strongest, most effective leader that complements your style. Evidence supports that effective leaders affect work culture and the bottom line. This package is flexible, and normally includes two coaching sessions per month for a 6-12 month period.

#### Package #2

Includes Coaching & Consulting for the CEO/Leader and the Leadership Team. By including the team in the process, workplace results can be achieved at a faster rate. We can accomplish in 12 months what it would take years for you to do on your own. And when the entire team is included, it does not fall to the CEO to pass along all of the information learned. This 9-12 month package is flexible, and normally includes two coaching sessions per month, as well as monthly training for the entire management team.

#### Package #3

The Nonprofit Special. Includes Coaching & Training for the CEO/Leader and the Leadership Team, as well as board

training. By adding the board, communication throughout the organization improves as all parties gain understanding of their roles and responsibilities. By including the team in the process, workplace results can be achieved at a faster rate. This 9-12 month package is flexible, and normally includes two coaching sessions per month, as well as monthly training for the entire management team. Board training is added in the last 6 months of the engagement, and includes 6-12 hours that are flexible based on the organization's needs and schedule.

### Individual Clients

#### Package #1

For individuals seeking help with changes in their life or work I offer a 3-6 month package customized to your needs. This normally includes 2 monthly coaching sessions and assignments we agree upon in between sessions.

#### Package #2

For clients interested in working on life changes in a group setting, I offer 2 group opportunities per year that include a monthly group session with 6-8 clients, along with assignments between sessions.