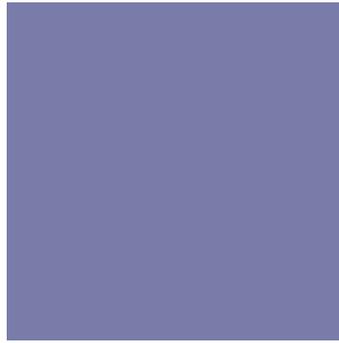
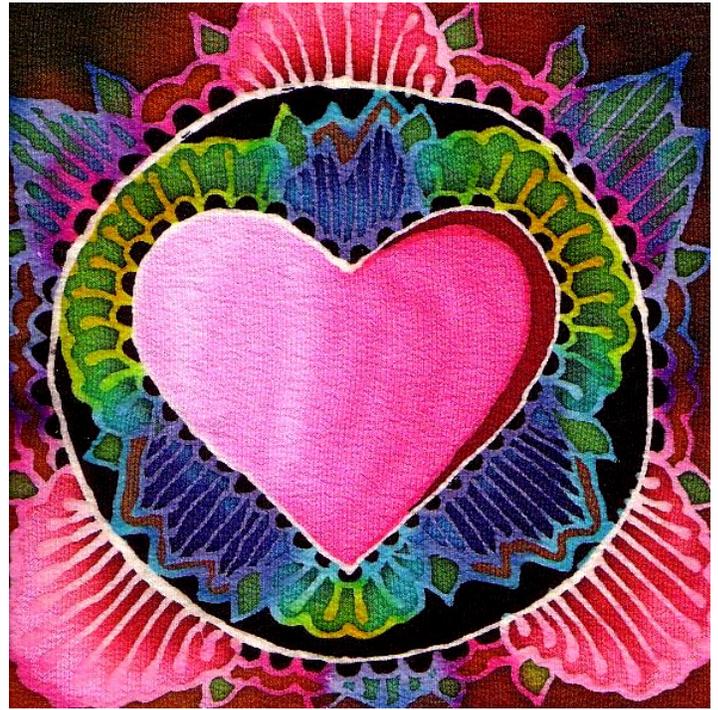
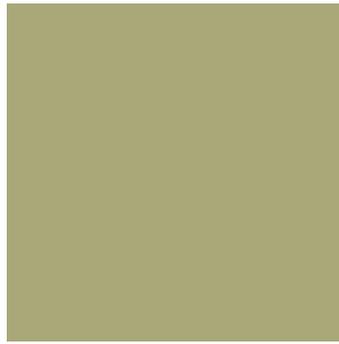
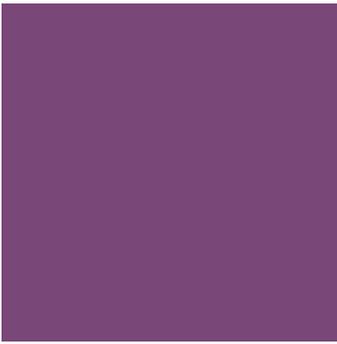




Coaching + Consulting + Training

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At the Heart of Coaching

Coaching can work for you

Adding a coaching component to your professional and personal life just may be the only thing that's keeping you from getting to that place you've always imagined yourself to be. Think about this: are you reaching your fullest potential? Do you find yourself bogged down by the details and unable to see the big picture? Are you clouded and stuck in negative thinking, incapable of seeing the possibilities that are out there waiting for you? If so, it's time to benefit from a fresh perspective and start exploring the idea of adding a coaching component to your life. When you work with a Coach, you can expect to experience insightful, thoughtful, and reflective self-evolution and personal growth. If you're not familiar with the benefits of working with a credentialed Coach, or are simply intimidated by the idea working with a Coach— *you must keep reading.*

What is coaching all about?

Coaching is a collaborative process that allows you to clarify personal and professional goals and recognize your untapped potential. When people work with a Coach, they become more resilient, positive, and self-aware, are intrinsically motivated, and develop a strong sense of self-efficacy. This is the place where extraordinary outcomes result—and this is what working with a Coach is all about.

Inspiring people and changing lives

“You will never know how much your coaching has helped me discover my *true self*. Thanks to our time together I am on a path that will lead me to the accomplishments of my dreams. I knew in my heart of heart for years, that coaching and inspiring others to meet their dreams was what I was also all about; now you are helping me get there!”

~ James, a happy GMLC client



Working with a Coach will help you recognize and reach your fullest potential



Jo Romano,
GMLC Founder &
Certified Credentialed Coach

Jo Romano, founder of Green Mountain Life Coach, is a *Dale Carnegie* Associate, a Certified Professional Coach from *The Coaching Institute*, a nationally Certified Substance Abuse Prevention and Recovery Specialist, and a Certified Teacher in Adult Dialogue Education with *Global Learning Partners*. With over 35 years of experience, Jo has a deep passion and knack for motivating entrepreneurs, executives, managers, supervisors and their teams, lawyers, parents, and fellow coaches. She is known for inspiring people to use their strengths, resiliency and innate wisdom, and to lead with integrity and excellence. She has a consistent record of achieving top performance through her innovative and collaborative strategic planning, and a systems-based approach for managing an organization.

Experience and insight

Jo is a results-driven professional with a reputation as a visionary, innovator, and consensus builder. She partners with leaders to use their personal presence, powerful methods, and a comprehensive approach to work through their dilemmas, so they can enjoy optimal results personally and for the organization. She has a passion for responding to operational and human resource challenges with clarity, confidence, and creativity. She has excellent negotiation, leadership, management and human relations skills, while serving as a flexible and inclusive team leader. She loves people and empowering them to succeed. Jo is acclaimed for

generating highly successful pilot projects, innovative program development, and employee satisfaction.

Because of her 20 years practicing as a Superior Court Administrator and County Clerk, along with her 17 years as a Substance Abuse Prevention Specialist, Jo has direct experience working with people and systems in transition and crises. Jo has coached and consulted a wide range of leaders to include entrepreneurs, judges, lawyers, executives, directors, managers, supervisors, and leadership teams, to achieve maximize performance, profitability, and sustainability. She celebrates what works and promotes collaborative solution finding. She uses coaching as a leading management tool to foster excellence within individuals and teams, with the goal of creating a highly positive and productive organization and culture.

Working with Jo

Working with a Coach like Jo, will help you recognize and reach your fullest potential. Jo provides individual, team and community coaching as well as assessments, organizational planning, facilitation, and training design and delivery. With advanced professional tools, her specialty lies in coaching leaders to serve and provide meaningful, relevant and useful ways to raise morale with staff, clients, and consumers. She believes that with clear intention, courage, and a willingness to evolve and grow, we can live and work extraordinarily fulfilling and meaningful lives.

Core Knowledge & Skill Areas

- working with leaders & management
- community organizing
- advocacy
- capacity building
- program implementation & evaluation
- senior level consulting
- communication & conflict resolution
- workshop & training facilitation
- strategic planning
- workforce development

Be the change
you want
to see in the
world.

~ Mahatma Gandhi



Change is Here

Get ready for your best

Coaching facilitates the process of change and constructive personal and professional development, by promoting an individual's potential for growth, eliciting motivation, positivity, resilience, and self-efficacy. At GMLC we focus on creating a perceptive understanding of each client's specific needs, developing comprehensive systems to achieve success, and create effective strategies to reach goals and get the results you want. We recognize the International Coaching Federation's professional coaching ethics and methods as the most successful management style available to organizations today. Much research has been conducted to study the effects of adding a coaching component to your professional life. Studies show coaching raises up interests, talents, strengths, and passions, sets a clear vision and roadmap to achieve success, and keeps the individual and organization 100% responsible and

accountable for their work plan. Coaching fosters excellence across all employment positions, including executives. In fact, coaching top leaders is one of the best ways to encourage organizational excellence. When Executives gain the perspective from working with a Coach, they become more effective leaders, model excellence, and can shape powerful cultural change in the workplace. At GMLC we believe that people drive the organization and its success, and we can help you harness the energy needed to elicit inspiring change. We set a high standard of positive regard for each and every employee and client and believe that dialogue is the oxygen in an organization. Our philosophy focuses on using facilitated dialogue to effectively maneuver through the hardest conversations while finding meaningful solutions that work. When your whole self is put to the task, extraordinary outcomes result.



Opportunity is Knocking

Get ready to open doors



Organizational Development

We work with organizations to deliver a strength based, data driven, best practice approach to leadership and management. We work with businesses, non-profits, and government organizations to find efficient, practical, and cost effective ways to ensure excellence in the workplace. Using a system wide approach to gain insight into organizational challenges, and with a proven track record for success, our coaching, trainings, and workshops will help you find solutions to your specific challenges, all the while preserving the dignity and integrity of each individual and the organization as a whole.

Developing excellence in people, systems, and strategy

We help develop your people so they communicate well, are happy on the job and naturally work their best. We help implement comprehensive systems to achieve your goals and get sustainable results. We offer a 7 step strategic organizational framework resulting in clear, practical, and actionable goals and implementation plans.



Individuals & Groups

We work with individuals who are dedicated to creating positive change in their professional and personal life. Look forward to engaging in insightful and sometimes difficult conversations with your Coach, and recognize the positive growth that is sure to develop.

Who we've coached

GMLC has worked with people from all walks of life. Below are some examples of the clients we have partnered with.

- Woman and men in transition
- Judges and lawyers on life and business practices
- Parents and family; Parents considering adoption
- Aspiring Coaches
- Business owners and CEO's

"Therapy has never worked for me but this life coaching should be mandatory for everyone. Thank you so much!"

~ P.J., another happy GMLC client



Substance Abuse Prevention

We provide individual and group mentoring, assistance and training to coalition directors, coordinators, staff, boards, and community partners towards understanding and implementing science-based best practices in substance abuse prevention. Substance Abuse and Mental Health Services Administration's (SAMHSA) national model for prevention is the Strategic Prevention Framework (SPF). SAMHSA's Strategic Prevention Framework is a 5-step planning process that guides the selection, implementation, and evaluation of evidence-based, data-driven, culturally appropriate, sustainable prevention activities. The SPF's effectiveness begins with a clear understanding of community needs and depends on the involvement of community members in all stages of the planning process. The SPF includes 5 steps, guided by the principles of cultural competence and sustainability which includes: assessing needs, building capacity, planning, implementation, and evaluation.

Programs + Workshops + Trainings

Below you will find some of the many examples of offerings available to you when you decide to work with GMLC. To meet your personal or professional needs, we can tailor and customize any of our programs, workshops, or trainings. We invite you to directly inquire about which specific opportunities would be best suited for you or your organization.

Take the first step towards your future with more clarity than ever before. **CALL US TODAY! 802.229.5256**



Organizational Development

- Building Leadership, Collaboration, and Fun on Your Team
- Sitting in the Hot Seat: Strategies for Today's Savvy Leaders
- Training of Trainers: How to Facilitate Beyond the Boxes
- Stop Managing, Start Coaching: Effective Supervision Through a Learning Centered Approach
- Your Personal and Professional Blueprint for Success



Individuals & Groups

- Self Coaching from the Inside Out
- Too Young to Retire
- Your Personal and Professional Blueprint for Success



Substance Abuse Prevention

- Leadership for Community Prevention
- Building Culturally Competent Prevention Coalitions
- Your Personal and Professional Blueprint for Success
- Building Collaboration, and Fun on Your Team



Interested in Becoming a Coach, with Option for Certification?

- VIP Training Program
- Inner Coaching Circle
- Deluxe Comprehensive Coaching Home Study Program



Never measure the height of a mountain until you have reached the top. Then you will see how low it was.

~ Dag Hammarskjöld



GREEN MOUNTAIN
LIFE COACH



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