



Energy Coach
& Speaker
COACH EM



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PRIORITIES

Talent Optimization

Leadership Development

Performance Enhancement

Winning Mindset

Create a Coaching Culture

LENNAR



PICKLEBALL TEAM EVENTS

Team Building with a difference:

1. *Anyone can play!*
2. *Communication tips*
3. *In-person Connecting*

What problems do I solve?

In this hybrid work environment, many companies are struggling to bring their people together and create real connections. What I do is run Pickleball events that help team members connect, communicate, and create a sense of belonging.

EVENT FOCUS AREAS

Tailoring Pickleball events with on-court coaching to help individuals and teams connect, communicate, and create a sense of belonging. Topics can include:

- Resilience – How to bounce back quickly
- Empathy – How to understand different perspectives
- Communication – How to harness your communication skills
- Accountability – What's your game plan?

OTHER SERVICES

1. **Workshops:** Choose from the Top 10 Practices of Great Coaches
2. **Team Building:** Pickleball Playbook – Collaboration and Cohesion
3. **Coaching:** One-on-One & Small Teams for Performance Coaching

WHY CHOOSE COACH EM?

- Tennis coach turned corporate coach with over 30 years of coaching experience (represented Australia on 20 occasions as a coach).
- Vistage Speaker & Lead Facilitator for Emerging Leaders Program
- Former Division 1 U.S. college tennis player – MVP 1995.
- TEDx Speaker – [Unleashing Female Potential](#)
- Host of [The Coaching Podcast](#) and author [What Makes a Great Coach?](#)
- Her clients say that she is like the real-life version of Coach, Ted Lasso, believing in the power of curiosity over judgement.
- PCC (ICF) Coach, EI & NLP Coach, Cert IV & Diploma in Business Coaching.

INSPIRE. IMPROVE. IMPACT.



Pickleball Courts

Pickleball Coaching

Pickleball Team Building

Full licensed bar

Local catering options

PICKLEBALL VENUES

COLORADO
&
WASHINGTON DC

