



BETH MERCURIO

I partner with leaders and teams to connect and thrive. In our current complex environment, it is more important than ever to connect; connect to yourself, connect to your team, and connect to your organization. I am passionate about leadership growth, lifelong learning, and human development. I help leaders make choices and commitments that leverage connection, drive purposeful action, and ultimately ensure leaders shift from surviving to thriving. When individuals are thriving, they make choiceful actions that move them towards what is possible, their envisioned future. With this attitude and mindset, leaders contribute to and connect more fully with their teams and organizations, driving positive results.

Working together we create space to reflect on and uncover the importance of self-awareness, collaborative connections, and authentic communication to harness opportunities and drive lasting change. Rather than race into action, we ensure that actions are values aligned. We slow down to focus energy on the few things that will drive desired outcomes and results. Together we create unique and personal commitments that drive accountability and action.

As appropriate, I integrate embodied leadership into our collaboration for the sake of staying present and bringing our best selves to each day through wellness, mindfulness, gratitude, and centering practices. Tuning into our bodies is yet another way to stay connected to ourselves and align our actions with our values. Combining embodiment practices with the more classical expertise from Babson's FW Olin Graduate School of Business's MBA facilitates my unique approach to coaching.

In addition to coaching and development skills, I bring over 20 years of leadership experience in innovation, business operations, and strategic planning for both B2B and B2C organizations. I led a startup technology business and have a deep understanding of working in a fast pace, constantly changing environment where failing forward and having a learning mindset were critical to success.

I live in Hingham, Massachusetts with my daughters Lila and Annie, my husband Michael, and my adorable pup Marzo. I love yoga, spending time with family and friends, running, hiking, traveling, and enjoying nature.

BETH MERCURIO FACILITATES LEADER DEVELOPMENT THROUGH:

- Customized corporate and athletic team leadership retreats
- Team-Building sessions that are mentally and physically challenging
- Seminars on leadership, team dynamics, character, and personal development
- Tailored programs that blend cognitive and experiential learning
- Practical tools and models to serve you and your team NOW
- Coaching for executives, players, and coaches