



LADY FULLER

Lady Fuller is a high impact executive coach who works with C-suite executives and facilitates corporate groups of all sizes. Lady works with her clients to pinpoint and achieve key metrics in their work and personal lives. As an executive coach, her clients appreciate her insights, guidance, generosity and rigor. Her clients achieve what they set out to accomplish - they become better leaders.

Lady received her Bachelor of Arts in Journalism and the University of Georgia (Summa Cum Laude) and her Master's in Business from the University of San Francisco. She is certified in 9 programs ranging from coaching to mental and physical health. These include, "MasterLife Coach" from Health Coach Institute, International Coaching Federation Certification, QPR's Suicide Prevention Instructor Certification, and Yoga Alliance 300-hour Yoga Psychology Training. Lady's resume includes YPO Chapter Chair at Aspen in 2016-2018, CEO of two mid-sized Retail businesses, producer of a feature-length documentary on suicide, and is the current Radio Show Host of "Habit's for Happiness" on Voice America.

Lady lives in Aspen, Colorado with her two children, and rescue animals. When she is not coaching, speaking, writing, or reading she can be found rock climbing or hiking in the mountains where she lives.

LADY FULLER 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

"Lady has been instrumental in my success as an aspiring business executive. Since working with Lady I've lost 10 lbs. since thanksgiving, been promoted to Chief Marketing Officer of a Fortune 500 company, and lowered my blood pressure by 10 points. The most valuable hour of my week is my time with Lady."

CMO | Aflac

"Lady as helped me build the courage and confidence to thoughtfully respond to triggers or upset with dignity and grace. With her help I've given myself permission to tune out the noise and tune into my own intuition."

CEO | Aspen, Colorado