

Steven Reeder

ACC, CPC, ELI-MP

Certified Coach, Speaker, Trainer

Steven@StevenReeder.com

www.StevenReeder.com

262-705-1283



CREATING BALANCE Your Way

Steven did a wonderful job in laying a foundation of an individualized way to think about how we take better control of our own work life balance. Not a prescriptive 'here's what you can do' but more interactive and tied to personal goals.

AbbVie Global Compliance

Steven's delivery of the material was very effective and he managed to illustrate his points with examples I face in my day to day, making it much more applicable. This new insight created clarity for me. Thank you!

AbbVie Global Learning

Steven creates a stable, solid space for learning and growth, so that when you leave you feel armed with useful information and a strategy of how to apply the concepts that he talks about. He makes complex concepts simple and tangible for easy application in real life. He makes the topics interesting and enlivening, and really shows how to strategize difficult and challenging issues, leaving the audience feeling energized and motivated.

Barb Heenan
Bodhi Road

There is a great deal of reference and conversation around conscious choice, but little concrete information describing what it really is, how to create it, and make true and lasting change in life by utilizing it. Steven really helps you understand and integrate those concepts into daily life, and tie it all together and create positive change. This change results in an ability to be present, fully engaged, and proactive rather than reactive, enabling you to make better choices and decisions, and be in control of your own future. This is just priceless information.

Jann Jaffe
Forward To Success

Are you struggling to get the balance you want? How **overwhelmed** are you, managing your career, family, and future? How much **anxiety** do you feel every time one more thing gets added to your schedule? Are you falling into a pattern of “**long-term coping?**”

Achieving balance can be a struggle for many, as shown in corporate culture surveys year after year. Join Certified Professional Coach Steven Reeder who, using a combination of interactive exercises and lively discussion, will help pull back the curtain on what can make life unworkable (and work unlivable). Learn how to reconcile your “have to’s” with your “want to’s” and find the **balance** you seek.

Attendees leave this workshop knowing:

- *Three keys to achieving balance.*
- *Three areas where most distractions arise.*
- *Three blinders that block you from success, and how to turn them around.*

Program length: approximately 60 minutes

Steven Reeder is a Certified Professional Coach, Certified Grief Recovery Specialist, and Energy Leadership Master Practitioner. He has partnered with such organizations as AbbVie, American Society for Quality, Age Forward, Bodhi Road, Namagay, and Metropolitan Community Church to create instant impact on grief, work/life balance, self-leadership, and major life changes. He is also an Assistant Trainer and Success Coach for the Institute for Professional Excellence in Coaching (iPEC); teaching and supporting students to raise the consciousness of the world one person at a time.

Steven Reeder

ACC, CPC, ELI-MP

Certified Coach, Speaker, Trainer

Steven@StevenReeder.com

www.StevenReeder.com

262-705-1283



ENERGY LEADERSHIP

Become an Ideal Leader

I had the privilege of participating in three iPEC certification training modules in which Steven Reeder was the co-facilitator. His presence was key to the success of each module. He is very knowledgeable and approachable, and commands the audience's attention with finesse. Steven will be an asset to your organization.

Mattie Scott, CPC
iPEC Coaching Student

Steven creates a stable, solid space for learning and growth, so that when you leave you feel armed with useful information and a strategy of how to apply the concepts that he talks about. He makes complex concepts simple and tangible for easy application in real life. He makes the topics interesting and enlivening, and really shows how to strategize difficult and challenging issues, leaving the audience feeling energized and motivated.

Barb Heenan
Bodhi Road

Steven really helps you understand and integrate those concepts into daily life, and tie it all together and create positive change. This change results in an ability to be present, fully engaged, and proactive rather than reactive, enabling you to make better choices and decisions, and be in control of your own future. This is just priceless information.

Jann Jaffe
Forward To Success

Steven Reeder is a Certified Professional Coach, Certified Grief Recovery Specialist, and Energy Leadership Master Practitioner. He has partnered with such organizations as AbbVie, American Society for Quality, Age Forward, Bodhi Road, Namagay, and Metropolitan Community Church to create instant impact on grief, work/life balance, self-leadership, and major life changes. He is also an Assistant Trainer and Success Coach for the Institute for Professional Excellence in Coaching (iPEC); teaching and supporting students to raise the consciousness of the world one person at a time.

Are you constantly **overwhelmed** by too many responsibilities? **Aggravated** that your job seems to be mostly about fixing problems and putting out fires? Tired of the all too often “**negative**” corporate culture where problems and failures get highlighted and successes too easily overlooked?

Whether you realize it or not, everyone leads: either by choice or default. Therefore the question is not if you lead, but **how** you lead. Join Certified Professional Coach Steven Reeder, who will share an optimistic, but certainly attainable, vision of how to lead in your workplace.

Energy Leadership™ refers to both a particular and unique form of leadership, and also, literally, to the process of leading energy, so that it works for you rather than against you.

Attendees leave this workshop knowing how to:

- *Identify the Seven Levels of Leadership.*
- *Re-focus attention and perceptions so that they support your success as opposed to inhibiting it.*
- *Discover the real causes of the stress and overwhelm in your work; and reduce or eliminate the related impact.*
- *Shift from focusing on problems and fighting fires to proactively creating solutions.*
- *Recreate and envision the ideal image of your role as a leader within the organization.*

Half-day or full day workshop

Steven Reeder

ACC, CPC, ELI-MP

Certified Coach, Speaker, Trainer

Steven@StevenReeder.com

www.StevenReeder.com

262-705-1283



MAPPING PERSONAL CHANGE A Path Forward

Steven Reeder has created a most significant way to bring closure to elements of my past and moved me into who am I today. His highly tuned intuition, clear communication style, preparedness, and example-driven message is so comforting and stimulating at the same time. With Steven, I found answers to so many questions, something that eleven years of therapy had never accomplished.

Janel Burt
Indianapolis, Indiana

When I met Steven Reeder, I felt like I was scattered to the four winds at all times. My life had no focus and it felt like everything was unraveling in every corner of my life. Steven was very astute, helping me understand where I wasted vital energy each day on things that haven't mattered in years. Steven gave me tools that greatly improved my outlook on the world around me. I now have a clear direction for my everyday life and I no longer throw my energy away on things I cannot change or that should remain in my past.

Bob Latham
Grass Valley, California

Steven creates a stable, solid space for learning and growth, so that when you leave you feel armed with useful information and a strategy of how to apply the concepts that he talks about. He makes complex concepts simple and tangible for easy application in real life. He makes the topics interesting and enlivening, and really shows how to strategize difficult and challenging issues, leaving the audience feeling energized and motivated.

Barb Heenan
Chicago, Illinois

Steven is a wonderful, masterful coach. He is equal parts challenging, friendly, supportive, kind-hearted, and expectant of excellence. His tone, care, professionalism are all on display and shaped and informed my own. He earned my trust and my admiration. Hire him, he is amazing.

Karen Delinski
Lafayette, Indiana.

Has your life been **disrupted**? Do you ever feel like you're being swept away by life's dramas? Are you worried that, if you don't fight change, your life will devolve into **chaos**? What can you do about it?

Life often provides transitions that we didn't ask for. Thankfully, the path to navigating personal change has been ingrained in us from a young age; if only we recognized it. Join Certified Professional Coach Steven Reeder who, through a combination of wisdom teachings and storytelling, explains how the process of personal change plays out in your own life. In seeing your life through one of our culture's most famous and fun stories, you'll learn to apply its lessons for instant impact.

Attendees leave this workshop knowing:

- *Three rules of transformation that change your life*
- *How to read four internal compasses*
- *How to walk towards your goals with absolute confidence and courage.*

Program length: Customizable 1 hour – 4 hours

Steven Reeder is a Certified Professional Coach, Certified Grief Recovery Specialist, and Energy Leadership Master Practitioner. He has partnered with such organizations as AbbVie, American Society for Quality, Age Forward, Bodhi Road, Namasgay, and Metropolitan Community Church to create instant impact on grief, work/life balance, self-leadership, and major life changes. He is also an Assistant Trainer and Success Coach for the Institute for Professional Excellence in Coaching (iPEC); teaching and supporting students to raise the consciousness of the world one person at a time.