



# SPEAKER PROFILE

## SPEAKING TOPICS

### CONFIDENT YOU!

How do you view yourself? Who do you believe you are? These questions aren't easy to answer, but identifying and understanding them is critical to stepping into your true power. Learning to recognize how your attitude impacts your success and thinking deeply about your personal habits and behaviors can help you dismantle the limiting beliefs and self-doubts you experience so you can establish new rules that promote personal advancement.

### ATTITUDE, ENERGY AND SUCCESS

Your energy and attitude toward life shape how you influence and interact with those around you. The ELI (Energy Leadership Index) Assessment is the only attitudinal assessment available that measures your energy and attitude, providing insights into how you show up in various aspects of your life, while also measuring your ability to lead people, including yourself, to take positive, productive and sustainable action. Completing the ELI and understanding your assessment outcomes can broaden your perspective, reveal how engaged you are in your roles at work and at home and how your attitude impacts your success.

### PLUG-IN

What matters most to you? What do you stand for? When you know your purpose and your personal values align with it, making the right decisions in life and leadership become increasingly easier and more rewarding. With content that is refreshing and relevant, this talk will leave you feeling inspired, energized, engaged and fulfilled in your work and in your everyday life.

### ABOUT STEPHANIE WOOD

A leadership development expert and solutions-oriented coach, Stephanie Wood's goal is to help others open their minds, envision greatness and achieve more than they ever thought possible. With over two decades of experience in a range of leadership roles in business operations and talent management, she is adept at executing strategies that impact leadership, grow the bottom line and enhance personal and professional growth. As a former vice president of talent management, she designed, implemented and led key strategies around professional development, talent assessment, succession planning, performance management, employee engagement and overall organizational effectiveness. Stephanie is an iPEC-trained coach and is certified to facilitate The Coaching Clinic®, The Leadership Challenge®, LPI 360®, DiSC assessments and Korn Ferry leadership Architect®.



## STEPHANIE WOOD

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### ABOUT SWG CONSULTING

*SWG Consulting is a boutique consulting agency that develops future-ready leaders through coaching, leadership development and small group programs. SWG partners with organizations to target key development needs, including pipeline growth, bench strength, retention of top performers and elevated leader effectiveness. Walking alongside executives, senior leaders, millennials and high-potential employees, SWG helps individuals enhance their leadership capabilities, improve their confidence, advance their careers and achieve the high levels of professional and personal satisfaction they deserve.*