

It's Time for Chapter II of Your Life.....

Yesterday does not have to be the definition of your today

Aleasa M. Word, CLC, CERC

Transformation Strategist

Author-Speaker-Coach~Consultant



*Top Speaking Topics

- Woman to Woman – Drop the Guilt
- I AM the Impossible
- The Value of Men
- Divorced to Dynamic
- When I Found the Real Me
- Raising Sons of Value
- My Past Does Not Define Me
- From Diagnosis to Living Again
- Fearful to Fearless

Specialty Series

Chapter II for Men Coaching Program™

- unique to the challenges men face that women don't always understand

From Diagnosis to Living Again™

- for the severely food allergic & caregivers



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Mz. Word is an internationally Certified Emotional Intelligence Coach and Small Business Consultant. She is a former Editor with The Good Men Project digital media company and author of "*Get Right for Love; The Muscle Guide to Relationship Readiness.*"

Her mission is to assist others in finding optimal balance and happiness in life, love and career while fully embracing their authentic self by challenging limiting beliefs. Her Chapter 2 Living model encourages moving on by using all life experiences as a foundation for growth.

Stress & Time Management- Learn to manage your time more effectively and find ways to identify stress triggers earlier to resolve them quickly.

Conflict Resolution & Mapping – Learn new ways to manage conflict on and off the job. Resolve issues quickly and more equitably

Life Repurposing – Learn to finally embrace what it is you really want to do or need to do for yourself to create the life you deserve to have instead of the one you're just living.

Improve Communication Skills – Improve your communications skills through emotional intelligence and mindful exchange vocabulary training. Project your message the right way.

Diversity & Inclusion Strategies – Whether multicultural health disparities or workplace diversity. You will learn to face your humanness & unintentional biases while developing a diversity and inclusion plan .