

LEADING LADY



EMPOWER
.....
INSPIRE
.....
CONNECT



AMBASSADORS *of* 2023



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LEADING LADY

Empowered women empower women. I believe that when women come together and support one another, incredible things happen. The Leading Lady Ambassador Program came to life in 2019. Each year, I invited a small group of women who I had personally worked with to collaborate to build and share resources that could support the larger Leading Lady Community. When we first started, I drew from my local community. Today, I'm proud to say it has grown to be a national program.

Each of the ambassadors are thoughtfully invited to participate because they have demonstrated the highest level of quality, customer service, and professional excellence in their industry. They are innovators, creators, visionaries, and outliers in every right. What threads us together is the insatiable desire to lift up other women, emotionally, financially, personally, professionally, spiritually, and physically. We are driven by the desire to inspire, empower, and connect with other women in business and leadership.

To inspire, we must be inspired; we listen to other's needs. We are problem solvers who will not be satisfied with the status quo. We dare to dream and live outside of the box. To empower others, we must be empowered through knowledge, personal strength, and confidence. To connect, we must be willing to be open. When we embrace opportunity and believe there's room for everyone, success flows abundantly.

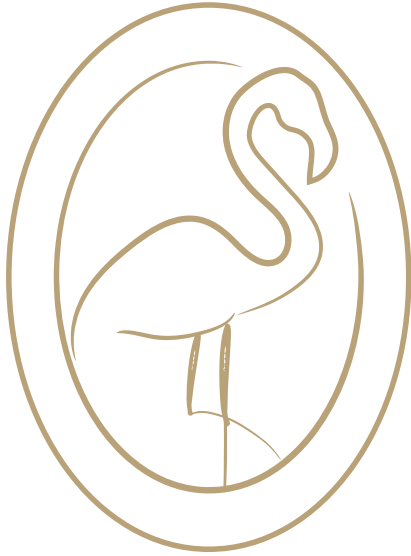
I invite you to get to know the 2023 Leading Lady Ambassadors. Our commitment to each other and to ALL women is authentic and powerful. Each ambassador has the resources, expertise, and relentless passion needed to help any woman succeed.

“I want to be a lady that lifts others up. When I feel success, I want to turn to the women behind and beside me and say, ‘We’re doing this together!’”



A woman with long, wavy brown hair, wearing a white long-sleeved top with horizontal stripes and blue jeans, is sitting on a blue couch. She is smiling and looking towards the camera. She is holding a gold pen and a white notepad on her lap. The background is a plain, light-colored wall.

AliceAnne Loftus
Leading Lady Coaching



LEADING LADY
coaching

Contact AliceAnne:

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My passion lies in helping women lean into their power, recognize and embrace their unique gifts and talents, and gain confidence to stand up and live and lead with authenticity. As a Certified Professional Coach specializing in Business and Leadership, I encourage every woman to shift limiting beliefs, insecurities, and self-doubt in order to step into the leader she was born to be. Through self-leadership coaching, the woman leader learns to remove blocks, set intentions, and build self-care habits into her day. To create a life filled with self-confidence, self-worth, and self-love, I gently challenge the woman leader to discover and embrace her purpose to take the lead of her life both personally and professionally.

Inspiring Women Through:

- ❖ Yoga & Meditation
- ❖ Workshop Facilitation
- ❖ Speaking Engagements
- ❖ Wellness Retreats



STRETCH YOUR SPIRIT

Contact Julie:

web: www.StretchYourSpirit.com

email: Julie@StretchYourSpirit.com

“ I LOVE THIS YOGA PRACTICE!! I feel so much better and stronger. I'm delighted to say I've become much more balanced and happy. Of course YOGA is wonderful, but the true difference at Stretch Your Spirit is JULIE!! She's a fabulous sparkle of light and joy. ”

—Lisa C. (SYS yogi since 2011)

“ Julie Blamphin's enthusiasm is contagious. She has the ability to command a room and keep people both laughing and engaged. ”

—Lee A. (Film Producer, Filmsters Principal)

“ I did the 2018 retreat with Julie in Mexico and it was amazing! From planned events to impromptu fun, it was completely flawless. The other women on the retreat were amazing, and we had such a magical time sharing our lives for that week. ”

—Denise D. (SYS yogi since 2014)

Julie Blamphin

Yoga Pro, Speaker,
Retreat Leader



A portrait of Jennifer Bonk, a woman with long, wavy brown hair, smiling warmly. She is wearing a dark blue dress with white polka dots and a silver chain necklace with a circular pendant. She is seated in a white chair against a plain, light-colored background.

Jennifer Bonk
The Bonk Team

Services:

- ❖ Residential Real Estate Brokerage Services
- ❖ Investment Real Estate Analysis & Consultation
- ❖ Facilitate Probate, Estate & Trustee Sales
- ❖ Distressed Sales (Short Sales, Foreclosures, Bankruptcies)
- ❖ World Wide Referral Network

bonk | The
Bonk Team
OF KELLER WILLIAMS
FLAGSHIP OF MARYLAND

Contact Jennifer:

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“Jenn did a great job both selling our current home and helping us with the purchase of our new home. Our current home actually sold before ever going on the market via her extended connections in the community. The house we purchased is on the water and she helped with processes beyond the purchase with regards to improvements and the connections to make those improvements. The process was extremely smooth and I think this has a lot to do with Jenn having the right extended team from a great home inspector to a financial team. I highly recommend her.”

“We don't even know where to begin, Jenn was fantastic! She helped us every step of the way, she was always available to answer any questions we had and had our best interest at heart from the sale of our home to helping us find our new forever home! We are grateful to her entire team for their expertise and attention to detail throughout the process. We still can't believe our home was under contract in 2 days and she helped us secure the home we wanted in the neighborhood we wanted! Thank you from the bottom of our hearts!!!!”

Healthcare Services:

- ❖ Nurse Practitioner
- ❖ Medical Cannabis Health Assessment
- ❖ Medical Cannabis Certifications in Maryland
- ❖ Medical Cannabis Education and Advocacy



Contact Michelle:

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““The care provided by Michelle is outstanding. She is always personable. Takes time to listen. Always a kind word. I will not go anywhere else. —Medical Marijuana Patient””

““Michelle Briggs provided me with excellent guidance for using cannabis products to alleviate back pain and the stress of living with a chronic disease. I had previously used a provider who gave me no guidance and simply wanted to collect an annual fee. Michelle is completely different — a provider who cares, takes the time to listen, and knows what she’s talking about.””
—Medical Marijuana Patient

““Michelle was exceptional! Extremely helpful in navigating me through Maryland’s process and helped me identify alternative treatments for improved overall health. Very responsive.””
—Medical Marijuana Patient

A professional portrait of Michelle Briggs, a Nurse Practitioner. She is a woman with shoulder-length, wavy blonde hair, wearing a green, long-sleeved blouse with a button-down front and gathered cuffs. She is seated and looking directly at the camera with a slight smile. The background is a plain, light-colored wall.

Michelle Briggs
Nurse Practitioner

A professional portrait of Julie Campbell, a woman with long, wavy, light-colored hair, smiling warmly. She is wearing a light blue blazer over a black top and matching light blue trousers. Her hands are clasped in front of her, and she is wearing a gold ring on her right hand and a diamond ring on her left hand. A necklace with pink and purple beads is visible. The background is a plain, light-colored wall.

Julie Campbell
Leadership Development

Leadership Services:

- ❖ Courageous Leadership Development (Fellows Program)
- ❖ Supporting the Next Generation of Leaders (Mentors Certification)
- ❖ Cultivating a Virtuous Team Culture (Teams & Organizations)
- ❖ Virtuous Leader Movement (Alumni Network & Community)



Contact Julie:

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““ SLG forms leaders amongst leaders. It offers varying perspectives to exercise your leadership skills but also asks hard, introspective questions. Join the movement and find your WHY! ””

—Rich N., 2022 Fellow, Transitioning Military

““ If you are ready to transform your current mindset, attitude, approach to challenges, work, life and your purpose in life, enroll as an SLG fellow. If you want to change the world, one fellow at a time, accept the privilege to serve as a mentor. ””

—Cyn R., Certified Mentor, Medicine

““ SLG gave me a completely new lens toward leadership. Equating leadership to loving our team/followers/coworkers has allowed me to be more empathetic and also to be more authentic in the workplace. ””

—Claire G., 2021 Fellow, Nonprofit

Services for Christian Women Business Owners:

- ❖ Customized Private Business Coaching
- ❖ ROOTED Group Coaching
- ❖ Strategic + Tactical Planning Sessions
- ❖ Speaking Engagements
- ❖ Half & Full Day Retreats



ERIN HARRIGAN

Contact Erin:

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Discovery call: erinharrigan.com/discoverycall

“As my coach, Erin is an anchor of faith, encouragement, and support without judgment. Since working with her, I’ve created a foundational framework for my business that has resonance & impact, and the 30% growth I’ve experienced is a bonus!”

“As a multi-passionate business owner, coaching with Erin has helped me see the big picture in my personal and business goals, identify roadblocks and challenges, develop greater self-awareness, and become a better leader.”

“Working with Erin was something I knew I needed to do but didn’t know just how much it would impact my business and personal life! Erin helped clear out the noise, so I could hear and focus on God’s plan for me and my businesses.”

Erin Harrigan
Christian Business Coach



Elizabeth Harris
Nutrition & Wellness



Intuitive Eating, Nutrition & Body Image Support:

- ❖ Private Coaching
- ❖ Thrive Tribe Group Coaching
- ❖ VIP Whole Health Reset Day
- ❖ Speaking Engagements, Workshops, Corporate Wellness Programs



ELIZABETH HARRIS

nutrition & wellness

MS, RDN

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“ I was in such a low place when I started this journey with Elizabeth. Now, I'm SO MUCH happier and healthier both mentally and physically. I feel like a giant weight has been lifted. I'm not constantly second-guessing every single food choice. I'm not battling my body and beating myself up. I've made exercise a consistent part of my life for the first time in nearly 20 years... everything has changed for me in such a gentle and positive way! —Alex D.”

“ I've worked with numerous dietitians in my life and my experience with Elizabeth was truly unique. I recommend her to anyone who is struggling with chronic dieting or food battles. —Bea G.”

“ I was hesitant to invest in Intuitive Eating coaching but I'm so glad I did! I love the food freedom I now feel. A weight has been lifted off my shoulders now that I don't have to think so hard about food. Meals are so much less stressful, I feel more in control of my cravings, and I've got such a more sustainable view of healthful eating. I've also learned how to protect my daughter from diet culture, which I'm especially grateful for! —Katie J.”

“Your vision and your brand deserve only the best. When it comes to your messaging, content, and storytelling, good enough isn’t enough.”



Contact Liz:

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You shouldn't struggle to articulate your "why," who you serve, and how you do that better than everyone else. But you do.

You shouldn't struggle to know how to show up in your own brand (or what you should talk about). But you do.

You shouldn't struggle to break with convention and go to market with bold messaging that challenges the status quo. But you do.

If you're struggling with these challenges, you're not a failure. I founded Buona Volpe to help purpose-driven visionaries and organizations break the cycle of frustration with messaging, storytelling, and content once and for all.

Spark a movement. Build your community. Disrupt an industry. Attract more of the right clients. Increase revenue. Move mountains with your words and storytelling. Whatever your goal may be, we're ready to help you achieve it.

Are you ready to shine?

Liz Murphy
Buona Volpe



Jennifer Osterhouse
Graphic Designer



Graphic Design Services:

- ❖ Branding & Marketing Assets Design
- ❖ Direct Mail & Direct Response Design
- ❖ Publication Design
- ❖ Design Consultation



Contact Jennifer:

web: www.jennosterhouse.com

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“Jennifer is a talented graphic designer who I’ve hired again and again to work on several direct response projects. She is very detail oriented, has great creative ideas, and delivers high-quality design on time and on budget. She’s also great to work with! —Donna D.”

“Jennifer has a rare combination of high-level creative talent and project management skills. Her direct mail designs are much sought after. She is highly organized, detail oriented, and a great communicator. In addition, she is a pleasure to work with. Since so much of what we do in publications creation is done collaboratively, these skills and qualities really set her apart as a designer. —Marida H.”

“I really admire Jennifer’s design expertise. She has such a unique eye for design. She can translate ideas I have for my book designs and visually make them come to life. I truly value her opinion and feedback when working on projects with her. —Dr. Jennifer TC.”

Services:

- ❖ Women's Health Expert
- ❖ Acupuncture
- ❖ Functional Medicine
- ❖ Chinese Herbs
- ❖ Diet & Lifestyle Coaching



Contact Sara:

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“When I first started seeing Dr. Sara my anxiety was at an all time high, frequently taking Lorazepam for my panic attacks. With her help, I very rarely use this medicine and am able to function. I feel much more in control. –T.E.”

“Dr. Sara listened to my goals for navigating concerns unique to women's health. Trusting Sara is not only easy, but has resulted in far better outcomes than I had with other practitioners. –B.B.”

“Dr. Sara compassionately listens and provides individualized treatment to address my needs. She is compassionate, understanding, and empowering; and will absolutely help you feel amazing! I am grateful to be under her care and look forward to more discovery, happiness, and vitality in my life. –S.C.”

Dr. Sara Poldmae,
L.Ac., DACM
Doctor of Acupuncture &
Chinese Medicine



Maureen Porto
Brand Photography



Photography Services:

- ❖ Modern Business Portraits
- ❖ Brand Photography
- ❖ Group Headshots & Business Team Photos
- ❖ Studio Portraiture

MAUREEN PORTO
STUDIOS

Contact Maureen:

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“Maureen is truly talented! She worked with our team to create another amazing branding session – this is our second with her in a year as the first was absolutely amazing. She is so positive and supportive and really thinks about all the small details. Her photos are just stunning and we look forward to working with her again and again in the future. You will not be disappointed!”

—Betty Batty, Compass Real Estate

“Maureen has perfected the headshot experience. Her talent for capturing the perfect shot is phenomenal. From her helpful wardrobe guidance and professional makeup artistry to her beautiful studio with tons of natural lighting, she handles all the details to ensure your pictures will blow your mind. Maureen has a friendly, fun-loving personality that really helps draw out your inner beauty and captivating smile. You truly will not regret working with her!”

—Christine Rooke, CEO, Remson Care

Services & Training:

- ❖ Website Development
- ❖ Custom WordPress Plugins & Themes
- ❖ Website Maintenance
- ❖ Technology Training



Contact Chrissy:

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“Pongos is an exceptional team. They are great to work with, very responsive, and go above and beyond to deliver high-quality sites that meet our needs and goals. We’ve not only been getting a ton of compliments on our new site but have seen an increase in traffic!”

—Thy-Ann Nguyen, CURA Strategies (curastrategies.com)

“I recently worked with Chrissy and the Pongos team and they built me a beautiful website for my new business. They went above and beyond, and it was truly everything I imagined. The communication, professionalism, and knowledge they have are out of this world. —Nicole Robertson, The Walk and Stay Woof Pack (thewalkandstaywoofpack.com)”

“Chrissy and her team at Pongos have been my trusted development partners since 2019. As a visual designer, being able to collaborate with such talented people has helped me build my business knowing I can always rely on them.”

—Eve Simon, Eve Simon Creative (evesimoncreative.com)

Chrissy Rey
Pongos Interactive



A portrait of Lisa Van Wormer, a woman with long, wavy, reddish-brown hair, smiling warmly. She is wearing a green long-sleeved top with thin white vertical stripes. Her arms are crossed and resting on the back of a white chair. The background is a light-colored wall with vertical paneling.

Lisa Van Wormer
Government Contract
Specialist

“As an optimist, I always expect handshakes to turn into the deals we dreamed together. However, it’s my flexibility when a handshake starts evolving that finds me the most success.”



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When 9/11 happened, I lifted my head up and realized I had surrounded myself with very little that made me feel fulfilled or even happy. I decided to do something drastic and joined the Army and began down a crazy spiraling path that was scary, and hard, and exciting, and the first place I felt solid footing in my life.

Eventually, I decided I needed more stability and began down the government contracting rabbit hole for the next decade. The lack of true influence or say in my work life made the whispered wish to own my own business start shouting. And I listened. Owning a business is also scary, and hard, and exciting, and I’ve never felt more happy, fulfilled, and my true self than I do right now.

Directory of Ambassadors



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“I love being part of this mastermind of big thinking women committed to serving from their best gifts and working with peaceful excellence.”
—Erin Harrigan



“I love having professionals to bounce ideas off of and that always have my back. I appreciate the level of support it provides.”
—Jenn Bonk

LEADING  LADY

EMPOWER • INSPIRE • CONNECT

www.leadinglady-coaching.com

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