

LEADING LADY



AMBASSADORS *of* 2024

EMPOWER • INSPIRE • CONNECT



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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.

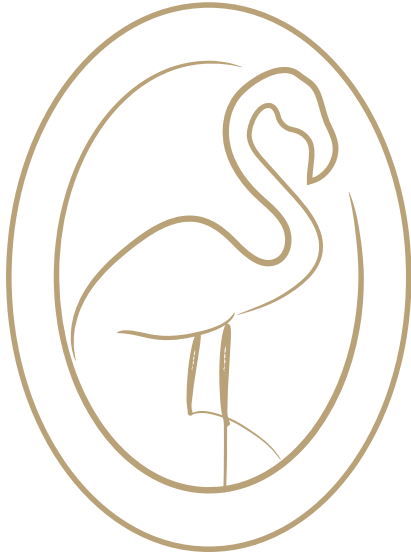
I invite you to get to know the 2024 Leading Lady Ambassadors. Our commitment to each other and to ALL women is authentic and powerful. Each ambassador has the resources, expertise, and relentless passion needed to help any woman succeed.

“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!’”



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:

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



STRETCH YOUR SPIRIT

Contact Julie:

web: www.StretchYourSpirit.com

email: Julie@StretchYourSpirit.com

“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)

“Always joyful, knowledgeable and compassionate, Julie creates a welcoming atmosphere to celebrate your body. It’s amazing to see the sparkle in a person’s eyes when they realize there is hope in healing.”
—Lisa C. (Event Planner, Destination Paradise)

Julie Blamphin

Speaker, Author
Founder of
Stretch Your Spirit



Jennifer Bonk
The Bonk Team



Services:

- ❖ Residential Real Estate Brokerage Services
- ❖ Facilitate Probate, Estate & Trustee Sales
- ❖ Senior Living Specialist (Helping Your Loved Ones Downsize)
- ❖ Distressed Sales (Short Sales, Foreclosures)
- ❖ World Wide Referral Network

bonk | **The Bonk Team**
OF KELLER WILLIAMS
FLAGSHIP OF MARYLAND

Contact Jennifer:

web: www.gotbonk.com
email: jenn@gotbonk.com

“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:

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



Contact Michelle:

web: www.codegreenhealthcare.com
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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 portrait of Michelle Briggs, a woman with blonde hair pulled back, smiling warmly. She is wearing a light blue, long-sleeved button-down shirt with a gathered waist. The background is a plain, light-colored wall.

Michelle Briggs
Psychiatric
Nurse Practitioner

Julie Campbell
Leadership Development



Leadership Services:

- ❖ Courageous Leadership Development (Fellows Program)
- ❖ Cultivate a Virtuous Team Culture (Teams & Organizations)
- ❖ Support the Next Generation of Leaders (Mentor Certification)



Contact Julie:

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“ SLG is a unique leadership development program, focusing on the core virtues essential for leading high-performing teams. The program challenges fellows and mentors to think deeply about what is important to them and what it takes to be a courageous, effective, emotionally intelligent leader who can develop, empower, and support high-performing teams. —Ginger H., 2023 Fellow, Engineering ”

“ The SLG Program has been the catalyst for my transformation into a truly evolved human being and leader. With its consistent touchpoints and emphasis on deep introspection, the program has challenged me to transcend the conventional notions of leadership and strive to become the best possible leader for my team. This journey of personal growth has been profound, equipping me with the tools and mindset necessary to navigate the complexities of leadership with intention, empathy, and a commitment to continuous improvement. ”
—Arabia S., 2023 Fellow, Military and Defense



ERIN HARRIGAN

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Discovery call: erinharrigan.com/discoverycall

As a high-achieving woman in business, the hustle of business might secretly fuel your adrenaline, but the pressure to succeed at all costs has left you empty, overwhelmed, and overachieving. Something is missing between your outward success and inward unrest, and you may be wondering if it's all worth it.

I know first hand how all of that feels. When my achievements and accolades were never enough, I found the answer in giving my life and business to Jesus. I learned how to embrace the unforced rhythms of grace by aligning my business to His will, leading to true impact and fulfillment.

As the Christian business coach for women, my mission is helping you redefine hustle and work with clarity, serenity and fulfillment. Uniquely combining Biblical truth and business acumen, I provide 1:1 and group coaching, speaking and small business strategy work.

Take a deep breath and embrace this truth: God made you ambitious, but He didn't make you to do business as usual. Let's chat about how we can work together!

Erin Harrigan
Christian Business Coach
Speaker, Strategist



Elizabeth Harris
Nutrition & Wellness



“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.



ELIZABETH
HARRIS

nutrition & wellness

MS, RDN

Contact Elizabeth:

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email: livehealthy@elizabethharrisnutrition.com

You feel frustrated and overwhelmed trying to figure out how you’re “supposed to” eat.

You’ve counted calories, you’ve avoided bunches of foods, you’ve fasted, and you’re completely exhausted from dieting and feeling like a failure.

You’re ready to feel in control of your eating and at peace in your body but it feels impossible.

My name is Elizabeth, and I am here to tell you that you not only can find that peace, you deserve it.

I’m a registered dietitian and Certified Intuitive Eating counselor who has broken up with diet culture, and I’m here to help high-achieving women like you do the same. Instead of setting you up for more failure with more elimination or restriction-focused approaches to eating, I’ll help you break up with diet culture and your scale so you can eat intuitively, trust your food choices, and nourish your whole health. On your terms.

Both 1:1 and group coaching programs available.

Modern Bookkeeping Solutions:

- ❖ Clean-up, Catch-up, Set-up Services
- ❖ Done For You Monthly Bookkeeping
- ❖ DIY Resources & Consultations
- ❖ Serving Clients Nationwide



TWO ARROWS ADMIN

Contact Gala:

web: www.twoarrowsadmin.com

email: gmccray@twoarrowsadmin.com

“Gala accommodated our needs then evolved with us.

My experience was customized to our needs. She helped us transition to Quickbooks Online and ensured we were compliant with little effort. Gala actually cares about your business and you personally, not just as a client but as a person and a friend. —K.C.”

“Gala is as high integrity as they come. She ran the books of my business very successfully and autonomously, setting out a strategic plan to clean up the mess we made, and then following through and doing so. With Gala keeping our books, we started to finally clearly see where revenue was coming from, where money was going on a percentage level, and could share clean reports with our investors. I learned a lot from her. She showed me trends in our business that I needed to see to make better decisions. She taught us how to save money and plan better. She’s a real win. And she helped me through multiple money emergencies, too.

Thank you, Gala, for your partnership in our business. —M.W.”



Gala McCray
Two Arrows Admin



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.”

“I have been working with Dr. Sara’s team for more than 10 years. They have helped my migraines, digestion, allergies, and back pain. The care and warmth is felt in everything they do.”



Contact Sara:

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Dr. Sara Poldmae founded Meadow Hill Wellness in 2005, and has been providing the highest quality holistic health care to the Annapolis area community since 2005. We have two convenient locations, in Annapolis and Edgewater Maryland.

As a Doctor of Acupuncture and Chinese Medicine, and a Certified Functional Medicine practitioner, Dr. Sara has a unique approach, combining Eastern and Functional medicine. This creates powerful results for her patients. She specializes in helping women that are struggling with hormonal issues. She has a podcast for women in midlife, called *Midlife Rise and Thrive*.

Meadow Hill’s team of highly qualified practitioners is dedicated to empowering patients to lead their best lives. If you are struggling, or simply want to feel younger, have more energy and feel more alive, Meadow Hill Wellness has solutions for you.

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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email: chrissy@pongos.com

“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

Lisa VanWormer
Government Contracting
Consultant



Contracting Consultant Services:

- ❖ Best Fit Package
- ❖ Ops Deep-Dive Package
- ❖ A La Carte Services

(See package/services details at www.abradoanalytics.com)



Contact Lisa:

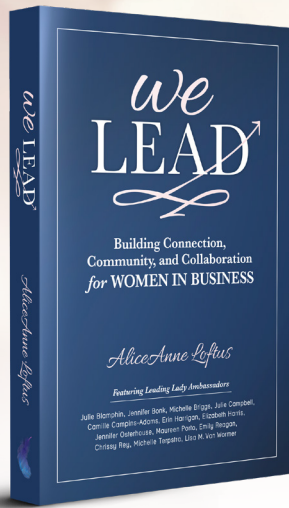
web: www.abradoanalytics.com

email: lisa@abradoanalytics.com

Ever thought about expanding your business through government contracts? There may be state and federal dollars on the table for your business and all you have to do is know how to find and go after it!

By harnessing my two decades of experience navigating government contracts, I help small business owners grow income by identifying opportunities and positioning competitively to receive the billions of dollars in untapped revenue that our government has already set aside specifically for businesses just like yours.

Let's unlock your potential in government contracting together.



“We lead to inspire and to be inspired.”



*AliceAnne
Loftus*

My goal with WE LEAD was to bring together stories of efforts and accomplishments of women owned businesses. Throughout the pages of this book, the Ambassadors’ stories not only inspire and empower, but also connect real women with real ambition and how to overcome adversity. Dive in to learn more about the Ambassadors and gain tools and strategies to better lead both personally and professionally.



Order Today!



www.leadinglady-coaching.com



“ The ambassador program has helped me grow my business and, more importantly, develop and see myself as a business leader. Through the program, I’ve connected with other women that are serious about taking their business to the next level. I’m so happy I found my people! ”
—Gala McCray



“ Being part of the ambassador program has allowed me to experience growth both personally and as a business leader, far exceeding my expectations. I am so grateful for the business connections and friendships I have developed, they are truly invaluable. ”
—Jennifer Osterhouse

LEADING  LADY

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www.leadinglady-coaching.com

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Magazine Design by Jennifer Osterhouse