

# Leanna Fredrich

## Professional Biography

**Coaching:** A coach works with clients to help them design and create the life they desire. A coach works by supporting, challenging, motivating, collaborating and strategizing with their clients, getting them to set higher goals, have a stronger personal foundation, reduce stress and tolerations, and improve the quality of their lives.

**The Coach:** Leanna Fredrich is a Coach who has developed her skills over more than 15 years. With a Bachelors degree in Education she is committed to lifelong learning for both herself and others. She is a graduate of Coach University, the world's premier educational resource for Professional Coaches.

She enjoys working with successful people who feel like they've lost themselves or outgrown a vision that was once enough. She guides them to step back and look at the essence of who they are and what is important to them so that they begin growing a new and wonderful vision of who they can become.

She receives enjoyment by seeing others reach goals far greater than they ever thought possible. Using her ability to recognize potential in individuals, she supports and encourages them in achieving their aspirations.

Leanna currently resides in Littleton, Colorado where she runs a successful coaching practice, gives workshops on self-improvement and success. She is also a public speaker, a member of Toastmasters International, and leads several groups including a successful "Life Makeover Group."

She is a positive thinker who believes in walking her talk, being an active participant in life, and seeing her clients live the life they truly desire. Leanna offers a rewarding and exciting life experience through her coaching, workshops and speaking.

To have Success Coach Leanna Fredrich speak to your group or organization, please call 303.904.7327 for availability and scheduling.

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