



# DR. LEATRICE R. BROOKS, LP

PSYCHOLOGIST | SPEAKER | EXECUTIVE COACH

 @DrLeatrice

 @DrLeatrice

 @DrLeatriceB

 /in/DrLeatrice

*Positioning Organizations to Maximize Productivity, Master Collaboration and Teamwork, and Retain High Achievers.*

Great Things Happen When You're *Present*.

Licensed Psychologist, speaker, executive coach and successful entrepreneur and businesswoman, Dr. Leatrice R. Brooks, LP has been told she has a unique way of "holding people's feet to the fire" to inspire growth.

While serious about her content, Dr. Leatrice is naturally funny and witty which adds an unexpected dimension to her work. She is surprisingly relatable and personable in ways that make concepts amazingly easy to digest and apply. Outstandingly passionate about the growth and development of others, Dr. Leatrice's heart is evidenced in her dedication to reaching and sharing her gifts with more people.

## PREVIOUS CLIENTS:



*"Dr. Leatrice is a powerful presenter who easily captivates her audience. Her concepts are easy to remember and presented in ways that make them simple to apply. She gets personal, is easy to relate to, and just real. Her incorporation of how to be present throughout her program was a helpful, much needed reminder.*

*Dr. Leatrice is clearly a professional speaker who is passionate about ensuring her audience is equipped to move to the next level. The standing ovation was well deserved."*

**- Mimi Brown**

MOTIVATIONAL LEADERSHIP SPEAKER & AUTHOR



## Why Presence?

As high achievers, our identity as individuals often gets lost in the shuffle of responsibilities and demands. We all know this comes with a cost to people and important relationships, happiness, joy, and health. When we are present we do our best work! Presence allows you to:

- Extract and value more in your life
- Experience greater life fulfillment for yourself and everyone you encounter
- Stay connected to your true identity - the person you truly want to be but does not always show up.

Make a conscious decision to be present and stay present. Let's work together to learn and experience The POWER in Presence!

# P.O.W.E.R. Keynotes

## **PRESENT** Are You In The Room? Staying Present In a Demanding Life

- Outcomes:
- ✓ Consistently experience life's memorable moments
  - ✓ Deepen important and valuable relationships
  - ✓ Achieve stronger work life balance

## **OPEN** I'm Sorry, What Was That? Effective Collaboration Through Openness

- Outcomes:
- ✓ Strengthen relationships for stronger outcomes
  - ✓ Establish culture of collaboration and cooperation
  - ✓ Inspire, build, grow, facilitate creativity in others

## **WILLFUL** Make It Happen Every Time: Will You Way Through Your Day

- Outcomes:
- ✓ Avoid burn out and task avoidance
  - ✓ Consistent motivation for goal achievement
  - ✓ Produce at higher, more efficient rates

## **EXCEPTIONAL** Be Your Best You: Remaining Exceptional in Every Situation

- Outcomes:
- ✓ Consistent and sustainable identity
  - ✓ True and genuine confidence
  - ✓ Impressionable and remarkable leadership

## **REAL** Be Your Truth: Being Real When It Counts

- Outcomes:
- ✓ Confidence in inevitable professional conflicts
  - ✓ Hold self and others accountable to high standards
  - ✓ Continual growth and development when it's tough

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*“Dr. Leatrice’s delivery of “Are You in the Room? Staying Present in a Demanding Life” was right on the mark! During her presentation, I looked around the conference room and saw that she was able to keep the attention of everyone in the room. Her life examples and easy explanation of her concepts made her presentation fun, relatable, and most importantly, educational. While we all agree that staying in the moment is something that we should do, it becomes difficult to execute in our busy lives. I have noticed that many of our staff have...within their office space as a reminder to engage and be present in the moment.”*

- Jessica Ebels

ANNUAL SUMMIT COMMITTEE  
UNITED STATES DISTRICT COURT  
WESTERN DISTRICT OF MICHIGAN

# PRESENCE Programs

Real life application to real life situations is always the goal. Presence Circles, half day, and full day programs help learners apply The Power in Presence Principles in a hands-on, guided approach, in real time.



The 8 Presence Principles are guides for creating and maintaining balance in life as we work and play. They help ensure you are not neglecting your own needs while meeting the needs of others. Presence Principles help you discover your **ideal baseline level of functioning** so can **consistently function at your most optimal level** without risking burnout.

Relational >

Esteem >

Spiritual >

Educational >

Nurture >

Connections >

Experiential >

Physical >

## PRESENCE Circles

Mental health and self-care conversations have emerged as common topics in the workplace. While we know they need attention, broaching the topic and subsequent discussions can become more than what you are equipped to handle. We know high achievers often give up on themselves for the sake of the work but at a cost. Presence Circles bring together small groups of high achievers (virtually or in-person) to discuss, support and strategize with each other around the most common challenges we face when it comes to presence. Presence Circles help you apply the PRESENCE Principles to maximize your personal and professional life.

## Executive Coaching

Transformational leaders have a heart for the development and growth of their staff in ways that both challenge and empower them to grow, contribute to the organization, and ultimately be their best selves inside and outside of work.

## INDIVIDUAL Coaching

Take the initiative to up your professional game through individual coaching. This one-on-one time with Dr. Leatrice will take your leadership to the next level. Individual coaching is not therapy but often results in both personal and professional growth.

## ORGANIZATIONAL Coaching

- Organizational Leadership Track
- Presence Leadership Track
- Deconstructing Structural, System, and Institutional Racism Track

With a combination of individual and group coaching, you will make strategic improvements in your organization that starts at the top. In many organizations, not just one person is influential.



*“Dr. Leatrice is a much-welcomed regular guest on my radio show Speak On It. She goes in deep and quickly with every topic and always offers good instructions and tips on how to live your best life. Dr. Leatrice is good at reminding myself and the community of listeners to “stay present in every moment” and take care of self. I am always confident she will deliver powerful content and engagement on the topic at hand. Dr. Leatrice not only takes us listeners on thought provoking journeys, she inspires individualized strategies for resource gathering for one's pathway to the healing process which is why I dubbed her the Resident Doctor.”*

**-Angela Anderson**

**RADIO SHOW HOST**

95.5FM 1560AM THE TOUCH RADIO  
KALAMAZOO | PORTAGE | BATTLE CREEK, MI



## CONTACT DR. LEATRICE TODAY!

✉ [DrLeatrice@DrLeatrice.com](mailto:DrLeatrice@DrLeatrice.com)

☎ (269) 389-9968 📞 (866) 938-3746

📷 📺 @DrLeatrice

📍 /in/DrLeatrice/

📍 1803 Whites Rd Ste 4  
Kalamazoo, MI 49008

*Dr. Leatrice R. Brooks*

[www.DrLeatrice.com](http://www.DrLeatrice.com)