



Executive & Leadership Development Coaching

Empowering Leaders. Transforming Teams. Elevating Results.

Are your leaders ready to navigate today's challenges with confidence, clarity, and impact?

I am [Maureen Sweatman](#), Chief Joy Officer and Founder of [Joyful Living Coaching](#), and I help organizations unlock the full potential of their executives and teams through targeted coaching and dynamic group training.

Why Partner with Me?

- **20+ years of experience** coaching leaders at all levels, from Fortune 500 executives to high-potential managers to individual contributors & front-line workers
- Empowered over **50,000 clients** across companies like AT&T, CVS, CIGNA, Emory University, Equifax, General Motors, Google, Microsoft, Piedmont Hospital, and Wells Fargo
- ICF-certified PCC coach with a proven track record of measurable results
- Customized, strengths-based approach **tailored to your organization's unique needs**
- Expertise in both individual and group development for sustainable culture change

Signature Coaching & Training Topics

- **Handling Difficult Conversations:**
Master the art of navigating tough discussions with empathy and effectiveness.
- **Emotional & Positive Intelligence:**
Build resilience, self-awareness, and a growth mindset to lead with confidence.
- **Time Management & Productivity:**
Equip your leaders with tools to prioritize, delegate, and achieve more with less stress.
- **Communication Excellence:**
Enhance clarity, influence, and collaboration across all levels of your organization.
- **Efficient & Effective Leadership:**
Develop practical strategies for leading teams, driving results, and inspiring engagement.
- **Overcoming Limiting Beliefs:**
Break through imposter syndrome and self-doubt to unlock authentic leadership.
- **Work-Life Integration:**
Support leaders in aligning personal values with professional goals for greater fulfillment.

How I Work With You

- **1:1 Coaching**-Personalized sessions focused on your leaders' unique strengths and challenges
- **Group Workshops**-Interactive, skills-based training for teams and cohorts
- **Leadership Retreats**-Immersive experiences to accelerate growth and team cohesion

Results You Can Expect

- Increased leadership confidence and decision-making speed
- Improved team communication and reduced conflict
- Higher employee engagement and retention
- Measurable gains in productivity and goal achievement



Let's Elevate Your Leaders

Ready to see your leaders thrive? Contact me today to schedule a discovery call and explore how executive coaching can drive your organization's success. 404-402-4996 or msweatman@gmail.com

Transform your leadership. Transform your results.