

ZENICA CHATMAN

Speaker, Coach and Training Facilitator



ABOUT ME

My Mission: To help women reclaim their power and maximize their impact!

My Story: As a certified personal and executive coach, I help emerging leaders improve their communication skills, connect with their teams and pinpoint their own blindspots, so that they can become more resilient, confident and effective individuals.

As a trained journalist and communications strategist, I use my unique background to help my clients define their own personal life plan, develop their own leadership style and share it with the world!

MY METHOD

Disrupt The Status Quo: We all have them; those thoughts that we tell ourselves about ourselves on a regular basis. Just because you speak them to yourself doesn't make them true. It's important to pinpoint the lies you are telling yourself and understand how they show up in your life and your work.

Discover Who You Are: Knowing your unique character strengths can help you understand the positive parts of your personality and make you feel more authentic and engaged. Character strengths are universally valued (around the world), innate personal traits that a person owns, celebrates and frequently uses. Applying your strengths to your everyday life can help boost your confidence, reduce stress and increase your happiness.

Design A Plan: Develop a personal game plan that is aligned with your own personal values, create a vision and connection to your goals, and learn how to hold yourself accountable to creating a life and career you'll love.

TOPICS I SPEAK ON

- **The Happiness Equation:** The Rocket Fuel to Your Success
- **Survive and Thrive:** A 3D Approach to Rebuilding Your Career After a Setback
- **Bully-Proof Leadership:** Creating “real” connections that encourage and empower
- **Leading Through Change:** Effective Coaching Strategies for Transformative Leadership



TESTIMONIALS

"Zenica provided coaching to me after I'd gotten sidelined by an incident of workplace bullying. Her coaching had an immediate positive effect on my career. Her down to earth approach and confidence building methodology will continue to pay dividends to me in my career!"

Dana, Coaching Client

"Zenica has a true passion for connection and helping others. She's co-hosted two of our women's empowerment groups and the attendees have felt seen, heard and are always left wanting more of her wisdom and insight."

Julie, The Beauty Boost Charlotte

CONTACT



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