

# PROFESSIONAL COACHING

Evidence-based coaching to accelerate individual success

WOODRIE BURICH  
ACC, LCP



## MEET YOUR COACH

### ABOUT WOODRIE

Woodrie is an award-winning thought leader, published author, and TEDx speaker known for her proprietary approach to setting boundaries and addressing burnout in fast-paced and high-demand work environments. As the owner of The Integration Group and founder of the Energy Choice Power™ and Boundaries Before Burnout® group coaching programs, she leads individuals and teams out of overwhelm into empowered decision making.

Her coaching expertise is backed by 20+ years of senior leadership and change management experience working with Fortune 500 companies on global tech projects and billion-dollar merger & acquisition work. Woodrie's expertise includes executive leadership and team coaching, creating strong and sustainable corporate cultures, and leadership development. She is a member of the Forbes Coaches Council, holds multiple certifications, and is formally trained in multiple neuroscience and mindfulness based-tools utilized in healthcare and clinical settings. She is a national speaker and writes about sustainable success and inspired leadership in various publications. More about her may be found at [www.workboundaries.com](http://www.workboundaries.com).

### WHO I LIKE TO COACH

Individuals and teams/groups. C-suite, V-suite, medical staff, university staff and new and emerging leaders. ER doctors, political positions, Fortune 50 tech leaders, finance, and individuals transitioning into new positions with high-demand jobs and large responsibilities. I enjoy supporting and strengthening leaders to drive impact.

**Preferred topics to coach on:** change management, communication, power and politics, boundaries vs. balance, authenticity.

**Preferred level of individual:** I enjoy coaching C-suite, V-suite, senior leaders, emerging leaders.

“ I am in awe of your power of perception and the talent of letting people find their own path and yet gently pushing us along as needed. I feel so grateful and privileged for this time together and what I imagine will be future time as well. ”

- C-SUITE CLIENT

### QUALIFICATIONS

#### EDUCATION

- ▶ MBA, University of Alaska Anchorage
- ▶ BSBA, Creighton University

#### CERTIFICATIONS

- ▶ ICF Certified Coach
- ▶ Forbes Coaches Council
- ▶ Right Use of Power (RUPI), Leadership Circle Profile (LCP)
- ▶ Trained in Mindfulness Based Stress Reduction (MBSR) & G.R.A.C.E. (compassion training based on neuroscience social psychology, ethics, and contemplative practices used primarily in healthcare and clinical settings)

#### HIGHLIGHTS

- ▶ 20+ years consulting, 7+ years coaching
- ▶ Held senior leadership roles on multi-million dollar tech projects & multi-billion dollar merger and acquisition work
- ▶ TEDx Speaker, nationally certified speaker, works globally with Fortune 50 and 500 companies
- ▶ 2022 Stevie® Award Gold Winner for Achievement in Thought Leadership & Bronze Winner for Female Thought Leader of the Year
- ▶ Boundaries, Change Management, Authenticity, Performance & Mindset

#### PUBLISHED

- ▶ Quarterly Columnist for Alaska Business Monthly
- ▶ Contributor to Forbes via the Forbes Coaches Council
- ▶ Book excerpt on Resilience in Deepening the Leadership Journey by Leanne Atwater & Al Bolea (utilized on college campuses)