



# LINDY HENRY

Leadership Coach & Workplace Wellness Consultant

## VISION

Empower people to live healthy and whole so that they impact those around them for good.

## MISSION

Help people be seen and heard so that their hearts and minds are transformed.

## VALUES

1. Collaboration
2. Efficiency
3. Hope

## CONTACT

Lindy@TheLenekerTeam.com  
www.TheLenekerTeam.com

## WORKPLACE WELLNESS CONSULTANT

You can't lead at your best if you're burned out and exhausted. I help busy people make time for themselves through small habits that lead to lasting change. As a certified Revelation Wellness® instructor I have more than 250 hours of instruction on the mind-body connection. When we work from a place of rest, move our bodies kindly, and renew our minds regularly, we lead from a place of wholeness.

## COACH

Everyone needs support along the way in order to live healthy and whole. I believe clients already have the knowledge they need; I draw out new insights and provide accountability which accelerates change. I recently completed a Coaching Mastery Certification program and am working toward ICF certification..

## FACILITATOR

I love the magic that happens when you bring together a diverse group with a common goal and a safe space. It may not be comfortable, but collaboration always brings better results. As a facilitator, I make sure everyone is heard, decisions and action items are clear, and that we achieve the results needed within the allotted time.

## COMMUNICATIONS STRATEGIST & CULTURE BUILDER

Employees are an organization's greatest asset and with more than 15 years in communication roles, I have seen firsthand the importance of creating a healthy workplace culture. I've rolled out every type of initiative, change, and program. In today's virtual world it's more important than ever to have communication channels in place that help employees connect to the organization and leadership in a variety of ways.