



STEPHANIE BLACKBURN FREETH

LEADERSHIP DEVELOPMENT COACH | SPEAKER | FACILITATOR

Challenging High-Performing Leaders and Teams to Move Beyond Drama to Aligned Action

WHAT ARE CONSCIOUS LEADERS COMMITTED TO?

- Taking 100% responsibility (not more or less)
- Getting curious, letting go of blame and judgment
- Questioning their own beliefs
- Listening consciously to others
- Feeling feelings through to completion
- Practicing radical candor
- Eliminating gossip
- Living a life of integrity and energetic wholeness
- Becoming the change they want to see in the world

CREATING THE SPACE FOR TRANSFORMATION

As a coach, speaker, and facilitator, Stephanie Blackburn Freeth invites leaders and teams to practice courageous conversations. Stephanie is the Founder of Adaptive Alternatives LLC. She is adept at creating the space for deep and lasting transformation in individual and group settings.

Stephanie is a certified 15 Commitments coach, focused on supporting leaders in practicing conscious leadership in their lives and workplaces.

Conscious Leadership means:

- **Conscious** = being here now, present in a non-triggered way to access greater states of IQ, EQ, BQ (intellectual, emotional, and body intelligence)
- **Leadership** = taking responsibility for how we are being in the world (and the effect we have on the world and others)

INTERACTIVE WORKSHOPS

This is not your usual leadership development training. Stephanie challenges leaders and teams to confront and lower drama-based reactivity in themselves and in their organizations. She helps leaders identify when they are leading from a state of fear or a state of trust.

During interactive workshops ranging from one-hour to several days, Stephanie leads groups of leaders through transformative experiences that help them get real about deeply held reactive patterns that have become roadblocks in their lives. She helps leaders face the statements, behaviors, and beliefs that are keeping them stuck.

Workshops available as one-hour, two-hour, half-day, full-day, and multi-day retreat formats.

- Delivered in person or remotely through platforms like Zoom
- Pricing varies based on group size, session length, and travel needs

WHAT LEADERS SAY ABOUT WORKING WITH STEPHANIE

“Working with Stephanie Freeth has been life changing. Her commitment to her clients is palpable and her openness and empathy enables transformational growth.”

MEREDITH LONG

“I really value and appreciate the time I spent with Stephanie. She has a very structured and methodical approach, engaged in an authentic, genuine and supportive way, and quickly prompted me to think constructively about my situation.”

JOE HERMAN

“Stephanie has given me a new way to think and see myself. She is an intuitive guide who stays present with you and encourages deep insight.”

JUSTINE GELEVAN

“Stephanie helped me understand where and why I was blocked. In a very short time, she enabled me to cut through the clutter and focus on what was most important. Since our discussions, I've made strong progress on accomplishing my goals.”

BRIAN SMITH

EXECUTIVE COACHING

Business leaders who are ready for transformational change accelerate their growth with 1:1 coaching. The executives Stephanie supports develop high degrees of self-awareness, lead their teams with authenticity, learn to practice radical candor, and get more done easefully. We'll craft a customized coaching experience around your goals and current challenges. Together we go deep to uncover the reactive patterns that are keeping you overwhelmed or limiting your progress.

- Executive coaching packages start with a four-month commitment

COHORT-BASED GROUP COACHING

Peer-based group coaching super charges individual and team transformation. When peer-based learning happens consistently over weeks and months with a cohesive group of fellow leaders, the results are profound and lasting.

In addition to working with leaders 1:1, Stephanie facilitates cohort-based group coaching sessions for seasoned and emerging leaders who are willing to be vulnerable, question their beliefs, and get messy. These leaders must be open to receiving and giving support within community.

Groups in formation several times per year:

- Ideal size 8-12 leaders
- CEO and emerging leader groups from diverse backgrounds, organizations, industries, and locations
- Can be team-based within organizations (i.e. senior management or cross-disciplinary teams)
- Meetings are in person or over Zoom

ABOUT

Stephanie Blackburn Freeth is an executive coach and Founder of Adaptive Alternatives LLC. She has an MBA from the Kellogg School of Management and an undergraduate degree in English from Princeton University. She is a certified 15 Commitments coach, having trained directly with Jim Dethmer and Diana Chapman, co-founders of The Conscious Leadership Group and authors of *The 15 Commitments of Conscious Leadership*. Stephanie is based in Ann Arbor, Michigan, and works internationally with clients.

In addition to partnering together on setting organizational strategy and goals, leaders who work with Stephanie learn to be more aware of reactive patterns that show up in their organizational culture. She brings more than 20 years of experience in leadership development, strategic planning, fundraising, marketing, and organizational culture. She has worked with leaders and companies across industries including start-ups, manufacturing, health care, technology, higher and secondary education, arts and culture, social services, and philanthropy.



CONTACT :

stephanie@adaptivealt.com | 734-604-3222

Adaptivealt.com

<https://www.linkedin.com/in/stephanieblackburnfreeth/>