



“I am the lightning that changes the world one strike a time.”

-Janine Graziano-Full’s life purpose statement

Janine Graziano-Full is fiercely committed to guiding corporate executives to choose a deeply fulfilling life they love so they can lead powerfully and authentically in the world.

This is not business as usual. If you are looking for a sassy and soulful professional who can help you move from overwhelm, stress and burnout into confidence, peace, and deep personal fulfillment, you’ve come to the right place. Janine has over 20 years of corporate experience, 14 years inside as a corporate executive in various functions and the remaining years outside as an executive life coach and team facilitator in full service of the corporate warrior. She has been working with amazing clients with similar worries and concerns guiding them to achieve remarkable success through her commitment to helping you:

- Make powerful choices that allow you to experience more enthusiasm, joy and satisfaction in every area of your life.
- Show up authentically and communicate effectively without any masks, excuses or hiding.
- Let your *energy* and *experience* be your new metric for success.
- Experience the joy of being and doing where how you want to feel dictates what your choices.
- Open up and tap into the limitless support, guidance and energy of Source/Universe/God/ Higher Power... whatever you call That which is greater than you.
- Stop waiting for that magical “when” and start living your most amazing life right now.

Janine's path to become a corporate 'holistic' life coach became clear during her Human Resource and Talent Management experiences when she became exposed to executive coaches who focused solely on the functional needs and not the whole human before them. At the same time, she personally felt burned out and wanted to take her life back. Janine hired a coach outside of work to understand the process of life and career transformation as well as to become that catalyst for other executives. She left her corporate world as a trained and certified coach through the Coaches Training Institute, and stepped fully into championing the executives from the outside as their holistic executive and life coach.

Janine's clients say remarkable things about the impact her work has had on their life and business success. Example comments include:

*"Over my career I have had the opportunity to work with a number of executive coaches in the areas of personal/professional development and team effectiveness. While most separate the "professional you" from the "personal you", **Janine has a unique ability to look at an "integrated you."** Therefore the **benefits of her coaching carry across all areas of your life.** I particularly appreciate Janine's focus on helping you or your team achieve what you truly want, rather than simply "fixing" what's wrong. While problems are easy to identify, defining what "great" looks like is often a greater challenge. Once the ambition is clearly defined, it's amazing how all energy becomes aligned toward achieving that goal. Janine provides the right balance of encouragement, challenge and frameworks to help you get to this positive, focused mindset."*

– **Bob Gamgort, CEO, Keurig Green Mountain, Inc.**

*"Each of us could cite examples of training that only temporarily modifies behavior—a flash in the pan that dissipates quickly. [As Mark Twain wrote, "It's easy to stop smoking. I've quit over 1000 times".] However, the true testimony of any change initiative lies within the sustainability of the results. **I liken Janine's coaching to a tide that lifts all boats.** I know that I personally feel more satisfied at both work and home thanks to her."*

– **Jeff Warner, VP Innovation, Smithfield Foods**



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*“When I started working with Janine I was struggling with self-confidence, fear and self-doubt. I was terrified of failure. **Janine demonstrated a winning combination of empathy and powerful questioning to help me have business, personal and spiritual breakthroughs.** The biggest difference now is **EVERYTHING.** I am still me only better with healthy thinking, a loving heart and balance! I am no longer a Human Doing, I am back to a Human Being. I have fallen back in love with my life and myself. Thank you, Janine!”*

– **Lori Ann Prill, former Re/Max Business Owner and CEO of Defining My New Life**

Similar benefits await you when you decide to invite Janine to serve in the powerful ways that she can support your success.

What lights Janine up about this work is she knows that you don't have to change jobs, go on sabbatical or wait until you retire to have a deeply fulfilling life you love. Everything is here for your benefit, and it's about unlocking your awareness and powerful choice for both the 'being' and the 'doing' for life to unfold in your favor.

What sets Janine apart from other executive coaches is that she addresses the whole client's life and champions their authenticity and internal compass. Janine defines their “inner GPS” as a combination of deep values and their belief in a Higher Power (however they define it). Most executive coaches focus solely on leadership competencies and application to the work place. Not only does she address the leadership aspects, but also assists the full integration of the person in service of them, their team and their company, which supports sustainable results and fulfillment.



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Five things about Janine and her experience that might surprise and delight you – while serving your work together:

- Loves of the Law of Attraction and helping you manifest energetically what you desire.
- Is a living Nike commercial - 4<sup>th</sup> degree Black Belt in Isshinryu, avid runner, CrossFit Level 1 Trainer, and has participated in races, triathlons, marathons and Tough Mudders.
- Is a Reiki Master and practices daily on her husband, 3 children, plants, pets and clients.
- Is an alumna of the Pennsylvania State University as a Food Science Major and still tailgates for home games every season.
- Is leading a Mastermind and writing a book called *The Thriving Corporate Warrior – How to break through burnout and live a fulfilling, kick-ass life.*

It would be her pleasure to guide you to achieve the results you desire and the life you imagine in your coaching together. Please continue the conversation in the manner that suits you best.

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