



## Sara Schley, Executive Coaching Bio for Barr Fellowship



I am a transformational coach who has worked with hundreds of leaders, from non-profit, for profit, government and academic sectors for more than 24 years. I use an “inner systems” approach that lets you take a comprehensive, deep, systemic view of your life, helps you focus on what you want to have happen and respectfully and powerfully guides you to overcome obstacles and move towards your highest aspirations and deepest purpose. I believe in you. I strategize with you. I challenge you. I celebrate with you, as you become the best leader –the best person -- you can be, while achieving health, vitality and balance in your life.

My approach in 10 steps -- Accelerated Bold Change:

1. Personal Vision: Identify and connect audacious personal and professional purpose.
2. Current Reality: What's happening now in your life, at work.
3. Identify the gap between your Vision and your Current Reality: sometimes known as "creative tension," this is the energy that powers your change.
4. Identify and address internal and external obstacles to change.
5. Systems mapping: map your personal system to figure out your strategy for bridging the gap between your audacious vision and your current day to day.
6. Leverage: From the map, identify areas of highest leverage for effective action.
7. Do the Right Thing: Act, with others where needed. “What, by Who, by When!”
8. Change Yourself and the World.
9. Celebrate, assess, reflect, learn.
10. Reset your Vision toward the next horizon.

For more about my work please visit [www.seedsystems.net](http://www.seedsystems.net). Complete client list and testimonials can be found there at <http://www.seedsystems.net/clients/> and <http://www.seedsystems.net/from-participants/>. I look forward to working with you!

Here's a preview:

*At EILEEN FISHER, Sara helped successfully guide our Vision 2020 sustainability initiative over the last 4 years embedding sustainability fully into every aspect of the business. She also coached me personally through one of the deepest personal transformation experiences I have ever had: a healing process that changed my life and caused me to shift my perspectives and actions in ways that still resonate with me today. I wholeheartedly recommend Sara as a resource to your organization and to you personally as a leader: these times are calling us to lead the way to transformation.*

***--Eileen Fisher, Founder and CEO EILEEN FISHER***

**Sara Schley, Founding Partner, SEED Systems 413-687-4727 [sara@seedsystems.net](mailto:sara@seedsystems.net)**