

# JOAN WASHBURN

Professional Life Coach, Trainer & Speaker



## About Joan

Before becoming a Professional Life Coach, Joan Washburn had a successful career in the medical imaging industry for more than 25 years. In her last position, Vice President of Sales and Marketing for Siemens Medical, she built a world class sales force consistently ranked #1 in the industry with a \$125 Million dollar P&L responsibility.

In 2006 Joan moved back to her hometown in Ohio to be close to her family and started Washburn Endeavours, LLC, a company dedicated to helping smart action-oriented professionals who are overwhelmed accomplish more – something truly meaningful and different – with ease and guilt free. She has combined her corporate experience with coaching principles to develop empowering life coaching programs, “soft skills” trainings and presentations designed to help her clients, both individuals and companies, achieve the results that have eluded them up until now. As a speaker she shares her key learnings with professionals across all industries.

Joan is credentialed by the International Coach Federation, a Licensed Coaching Skills Trainer by the Academy for Coaching Excellence and a graduate of the Wharton Business School Advanced Management Program. She loves to travel, ride her horses and relax with family and friends.

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Joan is an excellent coach & speaker, overflowing with a fabulous mixture of compassion, wisdom and good humor.

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*Penny Koval, Ph.D.*

## Presentation Topics & Trainings

### Defeat the Top 3 Enemies of Work-Life Balance

Does this sound familiar? When you're with family, you're thinking about work and all that is still on your to-do list. When you're working, you're thinking about your family.

Learn how to stop the guilt and worry as you pursue work/life balance so you can accomplish your big goals, finish your to-do list AND relax and enjoy your personal life.

Here is just some of what of what participants will learn:

- Get past the #1 obstacle that keeps you stuck and spinning
- Make change work in your favor every time
- Improve your focus at work, complete big projects, and enjoy your life!
- Get a simple, proven and effective tool to help you turn negative people and situations into fairy dust!

## Presentation Topics & Trainings

### How to Accomplish More with Less Stress

Is there more on your to-do list at the end of the day than when you started? Is your stress level off the charts most days? It's time to get off that gerbil wheel! Stop spinning and start moving forward toward that thing you really, really want with ease!

Here's is just some of what the participants will learn:

- You can do less and accomplish a LOT more! I'll show you why it works!
- The 1st step to mastering the ability to give and receive Support, making your life so much easier and less stressful.
- Stop the one thing that exhausts and stresses you out more than anything else!
- A simple tool to keep you on track so you can accomplish what is most important to you each day!

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One of the best personal investments I've made. After all, just like the Clairrol ads: I'm worth it! Thanks Joan!

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*Kim Leneghan MS RD LD*

### The Essential Element for Success

Do you cringe inside when someone asks you:

“What do you really want out of your career over the next 5 years?”

Learn how to answer that question with confidence.

Here is just some of what the participants will learn:

- The one thing you need to do in order to “lift the fog” on your future.
- The simple 4 step process to making your career goals a reality.
- How to say NO to daily shiny objects and so you can focus and achieve what you really want.

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If you have a chance to work with Joan Washburn, run, don't walk!

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*Ann Duez*



### Groups Joan has been invited to present to:

Leadership Ottawa County, Port Clinton, OH  
Marblehead COM Board Retreat, Marblehead, OH  
United Way Ottawa County, Port Clinton, OH  
Womens' Entrepreneurial Network, Toledo, OH

Business and Professional Women, Port Clinton, OH  
Retiring Teachers of Danbury School System, Danbury, OH  
Marblehead COM Board Retreat, Marblehead, OH  
NGPIC - Northern CA PET Imaging Center, Sacramento, CA