



CAPABILITIES STATEMENT

Lauren LeMunyan

Spitfire Coach is a boutique leadership development firm that equips leaders with the skills they need to meet an ever-changing future. We provide services in facilitation, coaching, training, career planning, and talent development for positive disruptors. We are a certified women-owned business.

Founder and CEO

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laurenlemunyan



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Washington, DC

CORE COMPETENCIES

LEADERSHIP PIPELINE DEVELOPMENT

INNOVATION MINDSET

CONFLICT RESOLUTION AND MITIGATION

CHANGE MANAGEMENT

RECRUITMENT & RETENTION STRATEGIES

4 STAGES OF PSYCHOLOGICAL SAFETY

TRUST BUILDING FOR REMOTE & HYBRID TEAMS

LEADERSHIP & TEAM ASSESSMENTS

COACHING: EXECUTIVE, CAREER, LEADERSHIP



BUSINESS QUALIFICATIONS

We combine ICF-accredited coaching with the essential skills needed for real-world innovation and efficiency. We understand the importance of alignment, momentum, and traction to build trust-based teams and work with leaders to develop their toolkit. We partner with left-brain leaders to design a comprehensive leadership style that leverages their strengths and reconciles gaps and blind spots.

RESULTS PROPOSITIONS

- **We help organizations** train and retain the high potential talent needed to make and exceed revenue and growth targets.
- **We help leaders** adapt and expand their current skills to grow into their next position within 3-6 months.
- **We help team leads** increase their communication, capacity and output by 25%.
- **We help teams thrive** in ever-changing and uncertain environments.



DIFFERENTIATORS

VIRTUAL & ONSITE LEADERSHIP TRAINING:

- Virtual Platform with 30+ on-demand Micro-learning
- Core Coaching Skills for Managers
- Time Management & Productivity
- Leading Through The Uncertainty
- Frameworks for Innovation Mindset
- Leadership Mindsets for Success
- Psychological Safety in Teams

DYNAMIC PROFESSIONAL SPEAKER



- Conference Keynote
- Workshop Facilitator
- Breakout Sessions
- Coaching/ Mastermind Sessions

ASSESSMENTS & PROCESSES



- Energy Leadership Index (ELI)
- Kolbe A
- Clifton Strengthsfinder
- Energy Leadership360
- Resentment Release

CORE DATA

NAICS CODES

611430, 541612, 541990

CAGE 80PD5

WBENC WBE2002978

ICF CERTIFICATION MCC

PAST PERFORMANCE

Airbnb.org
AAAS STPF
Automattic (WordPress)
BP
Capital One
Environmental Markets Association
Google
GSA
Novo Nordisk
Rosalynn Carter Institute for Caregivers
Subaru
Women in Trucking