

# DR. HEATHER PENNY

LEADERSHIP COACH | TRUSTED ADVISOR

[heatherpenny.com](http://heatherpenny.com)



## About Dr. Penny

Dr. Heather Penny is a leadership coach and trusted advisor helping individuals and organizations achieve their goals guided by the 3C's: clarity, confidence, and courage. With a Ph.D. in Human Services, global coaching experience, and an M.A. in Educational Leadership, she serves leaders and teams to find clarity in their vision, develop confidence in their abilities, and take action. Dr. Penny's clients range from small businesses to Fortune 500 companies and she has worked with leaders in a variety of industries, including technology, finance, healthcare, and education. Her approach is tailored to the specific needs of each client, and she is known for her ability to quickly get to the heart of the matter and provide practical solutions. She is a sought-after speaker, host of "The Life You're Made For" podcast and author of "The Life You're Made For: Finding Clarity, Confidence, and Courage to be Fully Alive", forwarded by Bob Goff. Dr. Penny is dedicated to providing the tools and guidance for leaders to identify their strengths and engage in intentional growth.

## Why Dr. Heather Penny?

- Dr. Heather Penny has a unique background and expertise, with a Ph.D. in Human Services, an M.A. in Educational Leadership, her extensive coaching experience informs her teaching of 3C Living: Clarity, Confidence and Courage
- In 2023, business leaders need coaching now more than ever. From the great resignation to quiet quitting, the ability to successfully lead a team by identifying personal strengths and shared purpose is a service unique to Dr. Penny. Having served a diverse range of clients, from small businesses to Fortune 500 companies across a variety of industries, Dr. Penny has a wealth of experience focused on long-term success.
- Dr. Penny is a highly sought-after speaker and author, having presented at conferences and events worldwide. In 2021, she published her book "The Life You're Made For: Finding Clarity, Confidence, and Courage to be Fully Alive" forwarded by Bob Goff. The tangible resource steps outside of business development and presents 3C Living to readers as a way to transform your life, both professionally and personally.
- Dr. Penny's approach is tailored to the specific needs of each client, providing practical solutions and she is known for her ability to quickly get to the heart of the matter, and providing tools and guidance to achieve their full potential, making her a valuable resource for media outlets seeking tangible next steps for their audience.

# THE LIFE YOU'RE MADE FOR WITH DR. HEATHER PENNY

## About The Heather Penny Podcast

Hosted by Dr. Heather Penny, "The Life You're Made For" podcast, is the ultimate guide to finding clarity, increasing confidence, and engaging courage in your life. Dr. Penny, a renowned leadership coach, trusted advisor, celebrated teacher, and engaging speaker, takes listeners on a journey to discover their unique strengths and unlock their full potential each month. The podcast focuses on one of the foundational principles of 3C Living as described in Dr. Penny's book, "The Life You're Made For" and workshops these ideas through conversations with various guests, providing practical and actionable solutions to help individuals thrive in their life. Join Dr. Penny and gain insights and inspiration to step into your best life and start living with clarity, confidence, and courage.



## Why The Heather Penny Podcast?

- Dr. Penny, along with various guests, provides practical and actionable solutions to help individuals thrive in their lives and careers.
- The Life You're Made For podcast helps listeners gain insight and inspiration to step into their best lives and start living with clarity, confidence, and courage.
- The Life You're Made For podcast pulls topics and themes directly from Dr. Penny's motivational self-help book, The Life You're Made For: Finding Clarity, Confidence, and Courage to be Fully Alive.

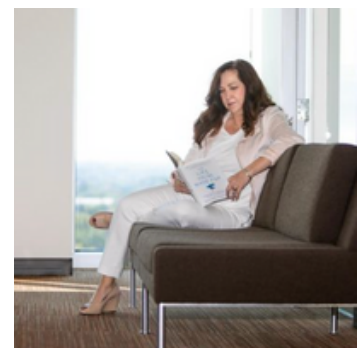
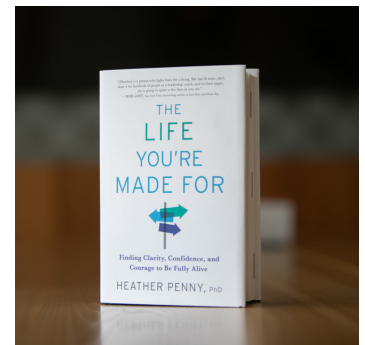
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## Suggested Interview Questions

- How do you define and cultivate courage in leadership?
- You talk about “spiraling up.” Can you explain a bit about what that means and why it is so important?
- What is your advice for women, and other under-represented genders, on developing and maintaining a strong sense of self-confidence and resilience in the face of challenges and setbacks in their careers?
- How do you assist leaders in balancing short-term and long-term goals and priorities?
- How does your faith inform your leadership philosophy and the advice you give to others?
- How do you maintain self-confidence when dealing with criticism or negative feedback in the workplace? What is your advice to handling setbacks or rejection?
- What is your advice on creating a vision for one's life and career that aligns with their passions and aspirations, and developing a plan to make it a reality?
- What are some of the best practices for leading and managing a diverse and remote workforce in 2023?



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## Suggested Interview Topics

- How leaders can find clarity in their vision and goals in today's rapidly changing business environment.
- Strategies for developing confidence in oneself and one's team in the face of uncertainty
- The importance of courage in leadership and how to cultivate it in oneself and others
- The role of self-awareness and emotional intelligence in effective leadership.
- How to create a culture of continuous learning and growth in an organization
- Tips for effective communication and building strong teams
- The impact of technology on leadership and how to stay ahead of the curve
- The importance of diversity and inclusion in leadership and how to foster it in the workplace
- How to balance short-term and long-term goals and priorities as a leader
- The role of resilience and adaptability in leadership and how to develop them in oneself and one's team

