

# Empowered

Coaching, LLC

MOLLY CHRISTIANSON

*Leadership Trainer and Certified Coach*



[www.EmpoweredCoaching.com](http://www.EmpoweredCoaching.com)

# Biography

With 18 years of working for South Dakota's largest employer of teens, 25+ years of coaching cheer and Girls On the Run, and host of Teen Leadership Breakthrough, Molly evokes leadership skills in teen girls through workshops that teach the importance of self-awareness, goal setting, communication, laser-focus action, and teamwork.

Additionally, Molly is a licensed Quantum Endeavors Leadership and Executive Coach. She is trained in Positive Intelligence and is certified as a Co-Active, Core Strengths/Relationships Intelligence, Enneagram, and Voice Dialogue Coach. Molly has earned the second highest credential with the International Coaches Federation, the PCC.

Through coaching, training, and speaking engagements, Molly ignites and enables peak performance by daring her clients to bravely step out of self-imposed limits to explore their leadership potential and live out loud in full expression of their authentic selves. By working with Molly, *Empowered* clients discover something more in them and courageously proclaim "The world is big and I am BIGGER!" The impact this has on communities is fully engaged people who are passionately and enthusiastically making things happen. They are more innovative, more creative, and desire to level up the playing field. *Empowered* clients engage others through their high energy and compassionate nature.



Book Molly Now! [Molly@EmpoweredCoaching.com](mailto:Molly@EmpoweredCoaching.com)

# Testimonials

"Molly is a humble coach and leader. She thinks before she speaks. That drives me to want to be a great leader." ~Ryan C.

"Molly is easy to talk to, a great listener, and has a great way of framing challenges and situations and guiding you to discover various ways of dealing with them." ~Mine O.

"Molly is energetic and a good listener. She is able to provide different vantage points that has helped me see things differently." ~Julie S.

"Molly was easy to talk with and was very warm and accepting. She is non-judgmental. She has *really* strong observation skills. She pointed out interesting things that I would never have thought of. I appreciated how much she paid attention and what she noticed. Molly challenged me. She was able to take something and push to get me to another place, in a nice way."

~Brooke S.

"Molly is genuine while personable in our discussion. She is very professional which has allowed me to be open to receive her feedback. In turn, it makes it easy to learn from her and accept her insight."

~Katherine T.



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# Past Events & Clients



MOUNT MARTY  
UNIVERSITY

EmBe



iNSPIRE  
BY OMNITECH



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