

Anese Cavanaugh

Background & Expanded Bio

Anese Cavanaugh, President of Dare To Engage, Inc., Founder of Bootism™ and Bootist Leadership®, and internationally known speaker and author, engages as muse and coach to business leaders all over the world, as the leader of her own business, and as mother to 2 little ones. Using energy, mindset, mission, and action as cornerstones of her “Bootist” philosophy, she helps forward-thinking individuals and organizations “get their boots on” in order to create positive energy, successful relationships, congruent leadership, and joyful results – wherever they go.



Anese designed her company in 2002 out of a desire to create and honor her own vision of bliss by being able to do work she loved, to be available for her family, and to make a positive impact on lives – all while staying true to her own personal needs and values. With a background in Kinesiology, a fascination with leadership and the human spirit, a stand for authentic living and relationships, and a hunger for action and results – she created a unique philosophy of leadership that brought all the core components of making things happen successfully, and joyfully, together. Blending energy, joy, wellness, and other “Eastern” style philosophies, with “Western” style business and leadership solutions to help her clients create optimal results, her work was fun and effective, yet had no name. After years of working with “experts” to put her “work” in a culturally familiar box, and to “brand it right” – she decided to take her own advice and unfold her model from the “inside out.” With a strong affinity for great boots and the great outdoors, a reputation for shunning stuffy rooms and “should’s”, and as a stand for “doing things your way” with passion and authenticity - she named her unique approach to leadership “Bootism.”

Anese brings 20 years of experience as a coach, author and speaker, working with individuals and teams to address areas such as: performance improvement, peer communication, team engagement and facilitation, energy management and leadership, mindset, health promotion, sustainable leadership development, mission and vision creation and focus, employee commitment and satisfaction, athletic and physical training, and her own proprietary methodology for holistic leadership.

Through coaching, training, writing, speaking, and daring, she challenges human beings to self lead, creating sustainability and full engagement in their lives. She thrives in helping people find their "oomph" and in creating their own dynamic energy and vitality so that they can bring the best of themselves to their lives and engage in meaningful work. Her philosophy is that this enables people to be the best instrument of change in their lives and organizations, that there is no “right” way to do it, that it’s truly a unique and individual path for each person, and that the gifts lie in finding and walking his or her unique path.

Described as having a balance of tenacity, playfulness, passion and warmth, she is committed to helping clients obtain their desired results. Her ability to create safe space for learning, to cut to the essence of the matter, to create learning from every situation and to see each individual, assists her clients in reaching their personal and professional goals. Whether the desired outcomes are for stronger leadership, greater health, or a more balanced life, she supports clients via coaching, consulting, training and challenging, yet playful, daring.

Anese was named a "2009-2010 Professional Women of the Year" in the *Coaching, Training and Mentoring* category, by the National Association of Professional Women. She is a regular contributing author to *tng magazine (The Industry Source)*, has published over 100 articles, and regularly writes for her on-line publication, the *Bootist Leadership Review* and the "Leading With Boots On Blog". She is the author of *The Little Book of Bootism* (2009), and *The DTE Power Pack Program*, a series of training modules for personal and leadership development. In 2003, she co-authored a chapter in the book "Guide to Getting It: Powerful Leadership Skills", and her next writing adventure, alongside authors Deepak Chopra, Jack Canfield, and other thought leaders in business and leadership, is due out in the Spring of 2010 in the book "Stepping Stones to Success."

A professionally trained accredited coach with thousands of hours of "in the trenches" coaching, facilitation, and training experience, working with leaders and their organizations in a diverse array of industries, she holds multiple credentials (including a fitness credential she refuses to "let go") in coaching, leadership development, and matters of the "heart and human spirit."

Committed to and having a big value around "paying it forward", Dare To Engage, Inc. donates 10% of their profits via monetary donations and scholarships to non-profits and organizations who serve children and families such as Youth Guidance, The Anasazi Foundation, the Northern Illinois Food Pantry, and Ideel Solutions.

Anese loves working with people who are "hungry" and willing to lean in and do the work; who want to live full out and honor the "Bootist" within, who wish to create a significant positive impact through their presence and business, who value and appreciate people and contribution, and who intend to have a fabulous life while creating great energy and positive impact at work and at home. Anese lives in St. Charles, Illinois (outside of Chicago) with her husband, 2 children, and dog "Ruckus. "

Credentials and Training

Anese holds a Bachelor of Science in Kinesiology and has received credential and/or holds memberships in the following areas:

- Certified Professional Co-Active Coach through the Coaches Training Institute (CTI),
- Certified Wellness Coach with WellCoaches Corporation (in partnership with the ACSM),
- Certified Health/Fitness Instructor with the ACSM (American College of Sports Medicine)
- Graduate of CTI's Co-Active Leadership Program
- Certified Administrator and Facilitator of the 5Dynamics Assessment Tool
- Member of the ICF (International Coach Federation), ACSM, and past member of the IHPM (Institute for Health & Productivity Management), as well as other local Business Councils
- Licensed user of The Arbinger Institute materials in her work with one on one clients, having graduated from both their Coaching Program and their Facilitator Training Program, Anese is also a member of the Arbinger Helping Professionals Network (AHPN), a group of therapists, counselors and coaches dedicated to being an out of the box place for their clients.

Committed to professional excellence and staying on the cutting edge of the industry, Anese has had extensive ongoing professional development, training and coaching. Some of the institutions and areas she has trained with (and in some cases continues training) include, but are not limited to, the following:

The Coaches Training Institute (CTI), CTI's Co-Active Leadership Program, CTI's Organizational Relationship & Systems Coaching, The Arbinger Institute, The Bigger Game Company, Spherical Dynamics, Inc., The American College of Sports Medicine (ACSM), WellCoaches Corporation, the American Association of Lifestyle Counselors, and The Intuitive Way. She also actively works with her own coaches in the areas of personal and leadership development as well a business development, and is a member of an her own business mastermind groups consisting of a talented group of business owners from a mix of industries.

Contact Information:

Anese Cavanaugh

Dare To Engage, Inc.

761 N. 17th St. Ste 11, #152

St. Charles, IL 60174

877-994-3273

www.DareToEngage.com

www.LeadingWithBootsOn.com

anese@daretoengage.com

For consults and speaking inquiries, please contact Gina Peterson:

gina@daretoengage.com

877-994-3273 ext 1