



Lea Belair
Agent of the Future

Credentialed Coach, Author, Speaker

Lea Belair is thought leader in the evolution of consciousness. As an author, visionary in the coaching profession, and master of meditation, Lea inspires audiences big and small to expand their awareness and lead from the future.

In 1985 Lea took the first of seven trips to India to study with the meditation masters of the Himalayas. She holds a Certificate in Advanced Studies in Yog Science, Vedant Philosophy and the Theory and Practice of Meditation from the International Meditation Institute in Kullu, India and a Master of Meditation degree from the World Development Parliament in West Bengal, India.

Lea went on to become a Certified Hypnotherapist and NLP practitioner. She owned and operated Y.E.S. Hypnosis for five years in Littleton, New Hampshire and was an award winning speaker at the National Guild of Hypnotists annual conventions during the 1990's. During this period she co-founded and served as Managing Editor for the New Age Publication *Earth Star Press*, which was widely distributed throughout New England. In another successful partnership, Lea formed Focus for Discovery Training Forums, delivering innovative and experiential learning programs. She was the owner of Leap Coaching from 2001-2008 and was the first Professional Credentialed Coach in the state of Vermont.

As a partner in the Coaching Center of Vermont, Inc, Lea now collaborates with Liz Dallas, Executive Coach, to enliven leaders and managers through building a coaching culture in their business or organization. Lea's method of Awareness Based Coaching, paired with her experience in life and business and her deep grounding in spirituality, make her an engaging keynote speaker and workshop leader.