



About Walk on Water

Walk on Water: How to Make Change Easier was published in 2005 by the Change Agent Press. Author Lea Belair has a BA in writing from Franconia College and is a Professional Credentialed Coach, helping individuals and businesses to thrive in change. Her ground breaking book is the basis for an ongoing series of classes - Mastering Change - at CoachVille (www.coachville.com), the world's largest online coaching website.

The theme of Walk on Water is that change is becoming more complex and the speed of change is quickening. Belair offers a new approach to success within change as it goes exponential, and describes the shift as "from personal development to personal evolution". In personal development we had a set of tools to help us be more effective in change; now that is not enough. Now we must be able to make experiments, change our thinking, and take new actions in order to evolve along with the changes.

In addition to being the author of Walk on Water, Lea Belair speaks, teaches, coaches, writes articles and blogs (www.leadingfromthefuture.com) on issues that are fundamental to achieving success in change. Her life purpose is to inspire people and organizations to change their orientation to change itself to achieve a new and alchemical result - leading from the future vs. being held back by the past, or limited by the present.

The top five benefits of Walking on Water:

1. You will develop clarity.

Clarity comes from observing your thinking and your behavior and taking a new and different action based on the awareness of more choices.

2. You will change your thinking.

Change your orientation to your challenges and opportunities by changing your perspective.

3. You will take consistent action.

Taking action daily overcomes inertia, doubt and obstacles. Engage in activities that will change your experience of yourself, life, and the world.

4. You will evolve.

Make your own personal experiments to mitigate the risk of change. Collaborate with your environment to leverage what is available.

5. You will transcend.

New dimensions of thought and action become possible when you transcend the field of opposites and experience yourself and the world as whole.



Company Fact Sheet

Company Name: Coaching Center of Vermont, Inc

Headquarters: Winooski, Vermont

Founded: 2003

Owners: Leonora Belair and Elizabeth Dallas

The Company: A collective of professional coach members dedicated to furthering the success of their individual clients, and the umbrella company for Vital Business Division and Worldwide Coaching Center Division

Divisions: Vital Business, Worldwide Coaching Center, Change Agent Press

Financial Information: Private Company

Product Information:

Vital Business

Coaching Skills Training and Leadership Training

Performance Coaching

Coaching Practicum

Coaching Center of Vermont

Individualized life and business coaching

Coaching workshops

Keynote speaking

Target audience: Individuals seeking change, corporations seeking to build a coaching culture

URLs:

<http://www.leapcoaching.com>

<http://www.walkonwaterthebook.com>

<http://www.leadingfromthefuture.com>

<http://www.coachingcenterofvt.com>

<http://www.vitalbusiness.biz>

<http://www.worldwidecoachingcenter.com>



Leap Coaching Methodology

© **Lea Belair**

Awareness Based Coaching is the A - B - C method that sets the scene for success:

Develop Clarity

- Identify the meaning behind an action and tie all actions back to meaning
- Make sure that short term strategies support long term goals
- Eliminate tolerations
- Resolve conflicting intentions

Change Your Thinking

- Challenge assumptions
- Explore new and different perspectives
- Create frameworks and patterns that support new actions
- Identify what is unchanging

Take Action Daily

- Play to win!
- Design a winnable game
- Craft environments that will inspire you
- Keep score

Evolve

- Incorporate change as natural
- Expand your capacity
- Develop self-awareness
- Experiment-evaluate-learn-change



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.



Story Ideas for Walk on Water

Lea Belair has inspired hundreds of individuals, businesses and organizations to make change easier by empowering them to evolve through change.

The Spiritual journey made practical

One of the greatest challenges we face is how to live our lives from our spiritual center in the face of every day challenges. Walk on Water is a playbook that leads the reader through coaching experiences that change and challenge our orientation from the inside-out.

• Starting a business?

Less than one third of businesses survive the first year, yet people are starting businesses at a historically higher rate each year. Just as an athlete would never think of becoming successful without hiring a coach, the complexities entrepreneurs face each day make hiring a coach as a sounding board and beacon through stormy waters an important component in beating the odds to surviving and thriving.

• How to win at the change game for Baby Boomers

Whether it's retirement, empty nesting, starting a new career, boomerang children, or one of the many other changes facing baby boomers, they have never been shy in reinventing themselves to beat the odds in the change game. Lea's focus on using the resources gathered over a lifetime in new ways helps boomers experience unexpected results beyond their expectations.

• How one woman learned to Walk on Water..

Lea's personal story is a fascinating journey from a conventional life in Brooklyn, to the hippie revolution in Haight Ashbury, to meetings with some of the famous innovators of our time (including Carol King, Allen Ginsberg, Jean Varda, Alan Watts, Thomas Leonard, Swami Shyam), and finally to her becoming one of the innovators of planetary evolution.



Testimonials for the book

Can you change your life by changing your perspective? Most emphatically, writes Lea Belair in her brilliant, passionate and persuasive new book, *Walk on Water*. The book blends the study of ancient yogic philosophy with the most up-to-date and practical tools of coaching. For those of us in transition, (and who isn't?) this book is an essential companion. Lea integrates powerful concepts with practical steps that 'enable us to thrive in change rather than coping with change'. After reading this book, your perspective on your possibilities, whatever your age, will never be quite the same.

--Marika & Howard Stone, Authors, *Too Young to Retire: 101 Ways to Start the Rest of Your Life* (Plume 2004)

Lea Belair has written a book of pragmatic wisdom. Reading *Walk on Water* is like having your own personal evolution coach. Thought-provoking distinctions are followed by practical action steps to spur the reader on a journey of self-discovery. This book is a great guide for new explorers, as well as an exciting challenge for more advanced learners. The distinctions in *Walking on Water* are a wonderful contribution to our ontologic understanding. If you are serious about changing your life for the better, this is the book to read!

--Patricia Ford, MD Medical Director, Personal Health Improvement Program

Walk on Water led me to powerful truths in a practical and enjoyable format. I have already shared some of the Distinctions and resources with my clients. It is a gift I can share as well as a treasured reference book I will return to time and time again.

--Marcia Reynolds, MCC Author of *Outsmart Your Brain! How to Make Success Feel Easy and Past President of the International Coach Federation*

As a director of an organization that has benefited from the services of Lea Belair, I've repeatedly witnessed the power and passion of those touched by her work. Ordinary people, faced with challenging situations, have come away with fresh perspective and tools to address what standing in their way. This book offers insights and action steps that, when taken to heart and mind, can indeed have you 'walking on water' rather than stuck in the muck. If you are ready for 'change', I can't imagine a better companion than the wisdom Lea offers through this book.

--Natalie Woodroofe, Executive Director, Women's Rural Entrepreneurial Network