

INTENTIONAL Leadership

Wellness • Style • Presence

Katie McDonald, Jill Marinelli, and Diane Wilbur address the unique challenges women face. As experts in their respective fields, they have helped thousands of women maximize their potential and move from surviving to thriving.

Responding to corporate needs for a streamlined, topical, comprehensive and immediately actionable women's program, Katie, Jill, and Diane joined forces to develop *Intentional Leadership*.

The curriculum is customizable to the specific needs of each organization. They deliver engaging, on site experiences that will leave audiences confident, empowered and inspired.

Leveraging wellness practices, personal style, and executive presence, this innovative team provides compelling strategies that disrupt current routines and introduce deliberate habits that pave the way for transformative growth.

For more information: info@dianewilbur.com



Jill Marinelli
PERSONAL STYLIST





Katie McDonald, Founder and CEO of *bnourished*, Katie McDonald is a self-care strategist who transformed the hard lessons of her personal life into a thriving, results-driven coaching practice.

Depleted by the business of busy-ness, resulting in illnesses, Katie healed herself using her 30 years of experience in plant-based foods, alternative wellness practices, mindfulness and productivity.

Now she designs customized strategies to guide her private concierge coaching clients through transformations of their own. Disrupting current food, thought and time habits, she empowers her clients to reclaim their vitality, clarity and peace of mind.

A sought after teacher and thought leader, Katie presents to corporate clients and organizations; such as Brown University Center for Entrepreneurship, Swarovski, Eileen Fisher, and Women Presidents Organization. Her media appearances include *Huffington Post*, *Apartment Therapy* and more.

bnourished.com



Jill Marinelli is a personal stylist, public speaker, and style correspondent for CBS Providence's *The Rhode Show*.

Focusing on body image, the power of personal style, and social science research, she teaches her audiences how to look great, project confidence, and ultimately change their lives through their appearance. Emphasizing empowerment and leadership, Jill asks, "Does your image reflect the person you hope to become?"

Jill believes that women develop their true style and confidence when they learn to convey who they are through what they wear. She helps women realize and celebrate their strengths, and teaches them how to show these strengths to the world so they can better achieve personal and professional goals.

Her work has appeared in *The Wall Street Journal*, *Vogue*, *Psychology Today*, *Lucky*, CBS Providence's *The Rhode Show* and FOX Boston's *Morning News*, among others.

jmstylist.com



Diane Wilbur is the CEO of Soft Skills Training Group LLC and creator of the SHE Factor Executive Presence Program for Women.

For more than 20 years, Diane's focus on talent development has helped thousands of professionals succeed in the workplace. She leverages her successful corporate experience to address real challenges in the workplace. As a highly engaging keynote speaker, Diane shares her stories of personal setback that led to her career transformation.

She provides customized cutting edge programs on soft skill topics such as personal branding, executive presence, communication skills and emotional intelligence. As a certified body language trainer, Diane utilizes the latest research and neuroscience to identify hidden strengths and techniques to enhance your confidence, credibility and presence.

Her clients include Fidelity, FM Global, American Century, Bryant University, TJX, Dell/EMC, AIG and more.

dianewilbur.com