CAPABILITY STATEMENT

Tanesha L. Moody LLC

Doing business as Full Out Coaching®

WOMAN-OWNED | MINORITY-OWNED | FOUNDER-LED

COMPANY OVERVIEW

Full Out Coaching® is a founder-led professional services practice providing leadership development, professional coaching, interactive training, facilitation, and event-related services. Led by Tanesha L. Moody, MBA, PCC, the practice integrates corporate leadership experience, professional coaching, and live-event production expertise to develop experiences responsive to each client's audience and objectives.

CORE CAPABILITIES

Leadership Development & Training

Interactive workshops, management and emerging-leader programs, communication and feedback training, coaching skills, and learning series.

Coaching & People Development

Executive and leadership coaching, group and team coaching, development cohorts, conference coaching, and facilitated reflection.

Strategy & Organizational Facilitation

Team alignment sessions, decision-making and planning facilitation, leadership retreats, and communication-focused development.

Event & Meeting Services

Conference and executive event support, run-of-show and programming coordination, attendee experience design, and event-integrated coaching.

DIFFERENTIATORS

Senior-level attention: Direct founder involvement in engagements. Cross-sector perspective: Background in corporate leadership, global events, and professional theatre. Engaging delivery: Interactive, coaching-informed facilitation with practical applications. Signature methodologies: C.L.E.A.R. Method®, IGNIS Framework®, and SAFE Feedback®.

NAICS CODES

611430	Professional and Management Development Training
541612	Human Resources Consulting Services
561920	Convention and Trade Show Organizers / Event & Meeting Planning
541611	Administrative Management and General Management Consulting Services

FOUNDER CREDENTIALS & RELEVANT EXPERIENCE

Tanesha L. Moody, MBA, PCC — ICF Professional Certified Coach, executive coach, facilitator, speaker, and founder. Experience spans corporate leadership, cross-functional collaboration, professional theatre and stage management, and complex corporate and live events. Work across her career has involved organizations including Salesforce, Under Armour, Marriott, and Disney; references to these organizations describe founder experience, not necessarily direct company contracts.

SELECTED TRAINING & SPEAKING AREAS

Living & Leading Full Out — intentional participation and everyday leadership. Get C.L.E.A.R. — purpose, values, identity, courage, and impact. Purpose at Every Level (IGNIS Framework®) — individual, team, and organizational purpose. SAFE Feedback® — feedback conversations. Also available: receiving feedback, coach-like leadership, resilience and setbacks, and customized learning.

BUSINESS & ENGAGEMENT INFORMATION

Legal entity: Tanesha L. Moody LLC | Service brand: Full Out Coaching®
Ownership: Woman-owned and minority-owned | Certified MBE
Delivery: Virtual and in-person; hybrid and multi-session options based on scope
Clients: Corporate, nonprofit, educational, association, conference, and public-sector organizations
SAM.gov registration: Active | UEI, CAGE and certification details available upon request

LET’S DISCUSS YOUR ORGANIZATION’S NEEDS

info@taneshalmoody.com | taneshalmoody.com/capabilities

Schedule an introductory call: calendly.com/taneshalmoody/introductory-call