



Full Out Coaching Capabilities Statement:

At Full Out Coaching, we empower individuals within government agencies and contractor organizations to realize their full potential and flourish in their personal and professional lives. As a minority-owned business led by African American women, we bring a distinctive perspective and unwavering commitment to diversity, equity, and inclusion in our coaching approach.

Core Capabilities:

- Tailored Coaching Solutions:
 - Our hallmark is delivering personalized coaching experiences precisely tailored to address individuals' unique challenges and aspirations within government agencies and contractor organizations, from entry-level to executives.
 - With a team of seasoned coaches, we offer specialized expertise in coaching individuals dealing with ADHD, PTSD, trauma, and veterans' experiences, ensuring each coaching journey is finely tuned to our clients' specific needs.
- Holistic Development Focus:
 - Full Out Coaching strongly emphasizes holistic development, seamlessly blending personal and professional growth to foster resilience, well-being, and ultimate success.
 - Our comprehensive coaching services cover various topics, including leadership development, work-life balance, interpersonal skills, time management, project management, and burnout prevention.
- Cutting-Edge Coaching Approaches:
 - Our coaches leverage innovative coaching methodologies and techniques to deliver dynamic and impactful coaching interactions.
 - We harness the power of state-of-the-art technology platforms

and tools to facilitate seamless and efficient coaching sessions, whether conducted virtually or in person.

- Other Capabilities Include:
 - Life Balance and Self-Care
 - Career Development
 - Leadership and Executive Development
 - Personal Resiliency
 - Problem-Solving
 - Increased Productivity
 - Career Advancement and Transition Support
 - Community Building

Differentiators:

- Experienced Coaches:
 - Our team comprises International Coaching Federation-trained coaches boasting extensive experience in the field.
 - Adhering to the highest coaching ethics and best practices, we uphold unparalleled standards of professionalism and quality in all our coaching services.
 - Our Coaches have partnered with diverse clients and individuals dealing with ADHD, PTSD, trauma, and veterans' experiences, ensuring each coaching journey is finely tuned to our client's specific needs.
- Specialized Coaching Programs:
 - Full Out Coaching offers a range of specialized coaching programs, including leadership pipeline development, trust-based team building, growth-based feedback delivery, and burnout prevention,

catering to diverse individuals, including those grappling with ADHD, PTSD, trauma, and veterans' experiences.

- **Proven Track Record:**
 - With a proven track record of success in coaching individuals across government agencies, contractor organizations, educational institutions, and various sectors, we consistently demonstrate the transformative impact of our coaching services.
 - Our unwavering commitment to excellence and continuous improvement ensures we deliver results-driven coaching experiences that exceed our clients' expectations.

At Full Out Coaching, we are passionate about empowering individuals and organizations to unlock their full potential, navigate challenges, and achieve their aspirations. We are dedicated to forging enduring partnerships with government agencies and contractor organizations, fostering a culture of empowerment, resilience, and unparalleled success.



NORTH AMERICAN INDUSTRY

CLASSIFICATION SYSTEM (NAICS):

541611 - Administrative Management and General Management Consulting Services

541612 – Human Resources Consulting Services

611430 – Professional and Management Development Training

NATIONAL INSTITUTE OF GOVERNMENT

PURCHASING (NIGP):

91865 – Human Relations Consulting

91866 – Human Resources Consulting Services

95258 – Human Resources Development Services

95259 – Human Services

PRODUCT SERVICE CODE (PSC):

R431 – Support - Professional Human Resources

R499 – Other Professional Services

R799 – Other Management Support Services

U099 – Other Education and Training Services

GENERAL INFORMATION:

Registered Company Name: Tanesha L. Moody LLC

DBA: Full Out Coaching

State of Business: Maryland

Business Type: LLC

CONTACT INFORMATION

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