FULL OUT COACHING®

Workshops & Development Experiences

Purpose. Alignment. Leadership.
Communication. Courage. Connection.

INTERACTIVE LEARNING • GROUP COACHING • FACILITATION

Tanesha L. Moody, MBA, PCC | Founder, Full Out Coaching®

Experiences designed for real people

Organizations are made up of people navigating decisions, relationships, change, aspirations, and everyday responsibilities. Our interactive experiences create space to explore what matters, practice useful approaches, and consider how learning translates into life and work.

How we work

Every engagement begins with understanding your audience, priorities, and context. Workshops and development experiences can be tailored for employees at every level, people managers, leadership teams, cohorts, and cross-functional groups. Delivery formats and scope are determined together.

Explore the portfolio

PURPOSE, IDENTITY & INTENTIONAL LEADERSHIP

Living & Leading Full Out • Get C.L.E.A.R. • Purpose at Every Level: IGNIS Framework®

COMMUNICATION, COURAGE & RESILIENCE

SAFE Feedback® • The Gift of F.E.E.D.B.A.C.K. • C.O.A.C.H. Your Way to Success • Failing Full Out • You Weren't Rejected. Your Offer Was.®

GROUP & ORGANIZATIONAL DEVELOPMENT

Group & Team Coaching • Custom Workshops & Leadership Programs • Retreats & Immersive Experiences

Foundational belief: Leadership is not limited to a title. The choices we make and the influence we have can shape the people, teams, and communities around us.

Purpose, identity & intentional leadership

Three complementary experiences that can stand alone or be thoughtfully connected in a longer learning journey.

INTENTIONAL PARTICIPATION

Living & Leading Full Out

An interactive invitation to explore living intentionally in the fullness of one's life—including work, relationships, challenge, possibility, and everyday influence. Participants need not hold a management title to recognize how they lead themselves and affect others.

Inside the experience

- Recognize opportunities for meaningful participation in the current season
- Reflect on priorities, choices, influence, and everyday leadership
- Identify one practical way to participate with greater intention

Where it can fit: Company-wide experiences, employee development, retreats, and leadership events.

ALIGNMENT FRAMEWORK

Get C.L.E.A.R.: Living & Leading with Alignment

Guided by the C.L.E.A.R. Method®, this experience connects five dimensions—Clarify Your Purpose; Live by Your Values; Embody Your Identity; Align with Courage; Ripple Your Impact—to how participants live, work, and lead.

Inside the experience

- Reflect on alignment across the five dimensions
- Examine the choices, tensions, or responsibilities that matter now
- Consider actions that express purpose, values, identity, courage, and impact

Where it can fit: Employee development, leadership cohorts, and values-centered team conversations.

From personal purpose to shared contribution

A purpose-driven organization becomes more meaningful when its people and teams can see how their everyday work connects to what the organization says it exists to do.

PURPOSE DISCOVERY & ALIGNMENT

Purpose at Every Level: IGNIS Framework®

Rooted in the IGNIS Framework® and its Find → Name → Live journey, this experience adapts purposeful inquiry to individuals, teams, and organizational conversations. The aim is to explore purpose clearly and meaningfully—not to assume everyone shares the same personal purpose.

Inside the experience

- **Individuals:** Notice patterns in beliefs, strengths, lived experiences, and the people they serve
- **Teams:** Discuss whom the team serves, why its work matters, and its shared contribution
- **Organizations:** Explore the connection between stated purpose, people, and decisions

Where it can fit: Purpose workshops, team retreats, leadership offsites, and broader organization-specific engagements.

The question worth asking

“We call ourselves a purpose-driven organization—but can our people explain their purpose, our teams describe their contribution, and our organization connect its purpose to everyday choices?”

A personal purpose, team purpose, and organizational purpose may differ. The opportunity is to explore where they connect and how that connection can inform work, culture, and decisions.

Related experience: IGNIS Framework® offers a deeper personal-purpose discovery journey. The C.L.E.A.R. Method® can extend the conversation into values, identity, courage, and impact.

Communication, courage & resilience

Practical, participatory experiences for the conversations and setbacks people encounter at work and in life.

SAFE Feedback®

Giving feedback with clarity, care, and intention. Participants examine feedback challenges, consider how their approach affects understanding and trust, and practice more meaningful conversations.

The Gift of F.E.E.D.B.A.C.K.

Receiving feedback is a skill, too. Explore how assumptions, emotions, and interpretation shape responses, and practice approaching useful feedback with curiosity and openness.

C.O.A.C.H. Your Way to Success

Explore Curiosity, Openness, Appreciation, Celebration, and Honesty as practices for coaching-minded leadership, stronger conversations, and everyday support of others.

Failing Full Out

Consider our responses to mistakes, missed expectations, and setbacks. Explore reflection, learning, courage, and what it might look like to move forward intentionally.

You Weren't Rejected. Your Offer Was.®

Examine rejection, identity, and the stories we tell ourselves after hearing no. Explore how to distinguish outcomes from personal worth and consider what comes next.

Complementary learning: SAFE Feedback® and The Gift of F.E.E.D.B.A.C.K. can be explored independently or paired to examine both sides of the feedback conversation.

Group & organizational development

Different challenges call for different kinds of participation. In addition to signature workshop content, Full Out Coaching® partners with organizations on coaching and facilitated development experiences.

Group & Team Coaching

Facilitated coaching conversations that support shared reflection, perspective-taking, stronger connections, and practical development among cohorts, intact teams, and professional groups.

Format: Tailored to your organization’s audience, objectives, and agreed scope.

Custom Workshops & Leadership Programs

Learning experiences designed around an organization’s priorities, such as communication, collaboration, accountability, decision-making, leadership presence, and navigating change.

Format: Tailored to your organization’s audience, objectives, and agreed scope.

Retreats & Immersive Experiences

Thoughtfully structured experiences for reflection, connection, learning, and planning—drawing on a background in facilitation, professional stage management, and live event experience.

Format: Tailored to your organization’s audience, objectives, and agreed scope.

Together, we identify the right combination of content, activities, facilitation, and follow-through for your participants.

Let’s create the right experience for your people

Whether you have an established learning objective, an upcoming event, or an idea you are still shaping, I would welcome a conversation about what would serve your audience well.

Meet your facilitator

I’m **Tanesha L. Moody, MBA, PCC**—an executive coach, facilitator, speaker, author, and founder of Full Out Coaching®. My work brings together professional coaching, corporate leadership, experiential facilitation, and a career spanning professional theatre and live events.

As an **ICF Professional Certified Coach (PCC)**, I bring coaching-based inquiry and professional standards into my work. My experience includes more than **1,000 hours of facilitation** with thousands of participants, alongside leadership and event work across complex organizational settings.

My original intellectual property includes the **C.L.E.A.R. Method®**, **IGNIS Framework®**, **SAFE Feedback®**, and **You Weren’t Rejected. Your Offer Was.®**. Each can inform an experience where relevant; the right solution depends on your goals and audience.

What we can discuss

- The people you want to serve and the challenges they’re navigating
- Relevant workshop topics, facilitated formats, or coaching options
- Delivery setting, approximate audience size, timing, and scope
- Ways to connect learning to everyday application

DISCUSS YOUR ORGANIZATION’S NEEDS

taneshalmoody.com/full-out-coaching-corp-and-gov-home

Additional information: Explore professional capabilities at taneshalmoody.com/capabilities. For a practical feedback resource, explore the Full Out Resource Library at taneshalmoody.com/full-out-writing.

Workshops are tailored to the contracted scope. Specific durations, materials, participant takeaways, and follow-up services are determined together; descriptions are illustrative rather than guarantees.