



Ann Ernst is a highly sought after professional coach and the CEO of The Foxhill Group, a consulting and coaching firm specializing in organizational and leadership development. Clients range from Fortune 100 companies to small family owned businesses and individuals. Ann has helped countless men and women internationally to identify and achieve their personal and professional goals.

Like many of you, Ann has many roles in life: mother, wife, daughter, business owner, teacher, sister, leader, coach, and friend to name a few. Ann began her professional journey as a mathematics teacher. After being a stay at home mom for a number of years, Ann reentered the workforce as a data analyst and quickly rose to the management ranks. Prior to starting her own business, she managed the leadership and strategy education for company executives. In 1997, Ann went out on her own and formed Ernst Consulting, specializing in organizational effectiveness. Within a few years, she founded The Foxhill Group with an emphasis on executive and life coaching with private clients, as well as corporations.

Publication of her first book, "The Lightness of Being You", is a defining moment in Ann's life and in her work. **The Lightness of Being You™** is a direct reflection of life lessons learned and of techniques applied through Ann's work as a coach and most importantly as a woman who desires to live life with joy. She is now setting out to share her message in the belief that it will change lives for the better.

Ann invites you to:

- Love and honor the whole wonderful package that is you
- Limit the light-takers and make room for the light-givers
- Laugh and play more often and live in appreciation of life.



Why Lightness?

Why I wrote *The Lightness of Being You*

It's simple: I decided that my own discovery of Lightness was a compelling experience, and I wanted to share it. The beliefs I live by make a profound difference in my life every day. I consciously choose to look on the bright side, to choose optimism, and to believe that I can limit what zaps the lightness from my life and makes me less than I want to be.

The best part for me is that I am now (at long last!) conscious of what gives me lightness and what takes it away. It is the speed with which I recognize and see or feel the signs of light-taking that helps me to quickly readjust. This is what I want for you.

In my coaching practice, I meet people who are in positions and places that they don't want to be and who are doing things they don't want to be doing. They are stuck. I see people who, for any number of reasons, are controlled by circumstances that have kept them from moving forward in a well-lived life. I want to offer you the practical model that guides me. You might say that I'm the test of the practice of lightness. I want to share my experience with the hope that you will take what is helpful and integrate Lightness into your day-to-day patterns of living.

Need to make a change—
where do you start?

New opportunity—
Is it right for you?

Out of work —
what's next for you?

What would make your heart
sing and ignite your light?

You know what you want—
what's holding you back?

Overburdened—
How do you lighten up?



Topics: Workshops, Speeches...

Your Bright Vision:

Through this wonderful experience, you will take the time to think about and begin a journey of discovery about what you truly want for your life. You will be encouraged and inspired to explore and create the vision of the life you intend to lead. Through exercises, quiet reflection and sharing, you will create your bright vision. You will be comforted by the company of others on the same quest.

Leading From a Place of Lightness:

Leaders and managers today are overwhelmed by the 24X7 environment in which they operate. Through this thought provoking leadership program, Ann and her colleagues will introduce you to a new perspective on leadership, based on the Lightness principles.

Getting What You Want By Saying NO:

Are you missing out on what you truly want for yourself because there is too much to do, too many demands, too much stuff? Have some fun, gain a new perspective and learn to say **NO** to the things or people that are keeping you from having and doing what you desire.

Dragon Slaying 101:

Those seductive dragons on our shoulders keep us “down on the farm”. Some are breathing lots of fire and some are just blowing smoke. In this workshop, you will identify them and explore ways to disempower your personal dragons.

Your Personal Puzzle

In this ½ day workshop, you will take a look at the pieces and parts of your life and see how they all fit together...or not. You will come up with some ways to improve the parts that are not as satisfying as you would like them to be.

Get Around To It:

How many of you have something you have always wanted to do, but never got around to it? Join others with the same situation and spend a day discovering what you want to do, why you haven't and some ways to actually get around to it! The first step to getting around to it is enrolling in the workshop!

An Open Heart and Benevolent Eyes:

You cannot love or even like everyone, but you can look at them from a new perspective. In this workshop, you will also look at yourself from a different perspective and you are going to like and love what you see. Learn that it is not about being perfect, it is all about Love.

Your Inner Imp

Discover your wise, mischievous inner self. Have some fun and be amazed.

*The topics above can be tailored to your wants and needs.
Many of them are adaptable to a topical speech as well as a workshop.*



Get ready to laugh, learn and be inspired!

What *The Lightness of Being You* will do for YOU:

- Engage you on all levels
- Provide tools and techniques to empower you
- Illuminate the way to live your life fully right now.

Lightness treats the very serious subject of your life—all of its pieces and parts—and uses a light approach that is compelling rather than off-putting. There are many books out today that are designed to help you think through what you want for yourself. Some are so serious that they overwhelm; some are so shallow that they appeal only to a certain audience.

What Lightness readers are finding is that the light approach provides a wonderful framework that guides them to discover what they want for themselves, whether it is in a relationship, a career, or just a change in the quality of life. Others have commented that they are in a great spot and lightness helps to keep them focused on what is important to them. In short, it has broad appeal as the testimonials have shown.

The stories and anecdotes help each of us see that we are not alone on our quest for our best life. The exercises invite the reader to start putting their own thoughts down without feeling mandated to do so.

There are great visuals to keep tenets of lightness in mind, such as the dragon and the Imps.

Praise for *The Lightness of Being You*:

- It is so easy and delightful to read. I don't feel pressure as I can use it any way I want. I have gone back to it again to really do the exercises. Am I ever learning a lot about myself and feel so free to be lighter. ~ Angela V.
- Thank you for turning the light back on for me! ~ Barry R.
- I can turn to any page and there is some sort of nugget that's going to inspire or motivate me. It does so much, depending on what you need that day. ~ Michelle P.
- Your book was so inspiring; I have already loaned it to a friend. ~Elaine L.
- The past year has been particularly dark for me, so these exercises have helped to clarify several things. I identified my dragons: they are all mind dragons...all 7 of them!
~ Karen R.
- Ann, thank you for the wonderful workshop last Friday...it brought clarity about what makes my heart sing and about what takes my power away. ~ Lisa W.
- It was so good for me that I bought seven more to give as birthday gifts to friends!
~ Donna K.



Ann is available for book signings, speaking engagements
and Living Lightness Workshops

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