



Michael Foley is the founder of Clarity Central. His stories, humor and ability to connect on a personal level have been at the core of his success as a speaker, corporate trainer and coach.

Prior to Clarity Central, Michael excelled in sales and marketing at General Electric. As a result, he has developed talks and courses that are practical and powerful. His "zero fluff" approach to education is highly engaging for even the toughest of audiences. Michael is a certified coach, has an MA in Human Development, and a USCG captain's license.

Scott Nelson is a certified effectiveness coach. His emotional intelligence, authentic feedback and ability to teach personal awareness have been at the core of his success as an executive coach and life coach. Prior to Clarity Central, Scott worked at Mayo Clinic as a conflict resolution mediator for patients and physicians. Scott has worked with people of incredibly varied backgrounds, from African Maasai tribes in Tanzania, to executive leaders in corporate America, to teenagers in local high schools.



"As an executive coach, Mike has the unique ability to create a space whereby something truly transformational can take place. His coaching has given me the clarity to create a corporate culture in which we are intentional about unleashing the latent power in each individual while moving toward a common goal."

Thomas Rheineck
President & CEO, Indigo Identityware, Inc.

"As a result of coaching with Scott, I have helped others help themselves to be the person they want to be and not necessarily the person that I want them to be. I have a better understanding of how to fit work into my life with balance. I have declared who I am and am being that person."

Tom Murphy
President & CEO, CARDSource

"Clarity Central Coaching with Mike and Scott provided me with valuable leadership insights. I uncovered personal barriers which were impeding my ability to reach my full leadership potential. I now have the framing, resources, confidence and courage to fully embrace my leadership responsibilities."

Deanna Brady
Vice President - Sales, Hormel Foods

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Coaching

With Clarity Central



CLARITY CENTRAL®



"If you do follow your bliss, you put yourself on a kind of track that has been there all the while waiting for you, and the life you ought to be living is the one you are living."

Joseph Campbell



Our Coaching Philosophy

At Clarity Central, we view coaching as an honor. As client and coach, we form a partnership designed to support you in "being" your very best self. While what you **do** is important, it's who you **are** that makes all the difference in the end.

"What you are thunders so loudly that I cannot hear a word you say to the contrary."

Ralph Waldo Emerson

Our approach to coaching is based upon the premise that we each have the ability to "find" our own answers within us. By questioning the validity of our thoughts, we open ourselves to new and exciting possibilities. As your coach, we will provide questions and insights to uncover your own inner wisdom and guidance. As the client, you are responsible for taking the actions necessary to create lasting results.

We are committed to:

- Providing support for you to fully express your authentic-self in all parts of your life.
- Seeing you as a powerful, whole and capable individual.
- Creating a supportive environment in which new possibilities and inspiration can emerge.
- Engaging in open, honest and meaningful conversations that guide you to clarity.
- Challenging you to expand your awareness to allow for new choices.
- Encouraging you to adopt sustainable practices that support your personal and professional excellence.

Executive Coaching

In these complex times, executive coaching has emerged as a highly effective and sustainable method of creating extraordinary results. Great leaders recognize the



importance of creating a culture of sustained excellence. To that end, your executive coach is your personal strategic partner in helping you discover how closely your words and actions align with your stated purpose as a leader. Effective leaders realize that success does not happen by accident. Rather, it is the result of an

intention to create an environment where each team member is inspired to contribute their very best toward a common goal.

Life Coaching

What is it that you want most in life? The philosophers remind us to, "Become a light unto ourselves." One can stay huddling on the pond with the other ducks or, like an eaglet, listen to our intuition, step to the edge of all that is comfortable and familiar, spread our wings, and jump. Life will never forsake that kind of courage. We at Clarity Central are deeply committed to creating an environment that supports and inspires those who wish to live a fully authentic, spontaneous, joyful and balanced life.

"Don't ask yourself what the world needs - ask yourself what makes you come alive, and then go do it. Because what the world needs are people who have come alive."

Howard Thurman

Group Coaching

Communication is at the core of a company's success. Group coaching creates a culture that allows individuals to fully express themselves within a team. New behaviors and practices become the norm with a curiosity about others' perceptions and ideas. Your coach will assist you in accepting and valuing differences while challenging your assumptions. Likewise, your coach will help create a "no excuse" environment in which team members practice clear and candid communication that leads to positive results.

