

# avenue 108

**Avenue 108** enables organizations, teams and individuals to achieve their full potential by leading from a place of authenticity. We specialize in creating self-aware, mindful leaders who not only impact their organizations and communities but also inspire others to do the same.

## CONCEPT

Avenue 108 was founded on the principle that every individual has the capacity to lead whether he or she is an executive who manages several hundred people or a mom or dad who is raising a family. We believe everyone has something unique to contribute. In order to have maximum impact on our environment, we must first connect to our deeper selves and become active participants in the journey. By doing so we learn to live our lives with authenticity and purpose, and we also become better at leading others towards more meaningful goals.

## CAPABILITIES

Using a combination of coaching, consulting and experiential learning, Avenue 108 creates conscious, deliberate leaders. Our clients range from corporations seeking to impact their bottom line to individuals seeking to impact their communities.

### Leading Organizational Development

Deliberate organizations create engaged, committed employees who value what they do. We help organizations by focusing on change management, employee engagement, talent management, succession planning, performance management, integrated work teams and cultural transformation.

### Building High Performance Teams

From collaboration and creativity to communication and conflict, team dynamics

can drive (or sink) organizational results. Through team building and coaching techniques, as well as experiential learning, we help teams transform so members feel engaged, energized and empowered.

### Developing High Impact Leaders

Whether you're seeking coaching on a professional or personal level, we can help you discover your core values, develop an action plan and take the first steps toward leading with purpose. We utilize 360 assessments and personality tools to identify strengths, passions and desired outcomes.

## CLIENTS

Electronics for Imaging (EFI)  
Morgan Samuels Company  
Kaiser Permanente  
Ritual Cleanse  
Capital One  
PIMCO


## CATALYST



Amy St. Clair Day, M.A. is an executive coach and organizational development consultant who is passionate about leadership. For the past

11 years, she has been practicing what she preaches – living life with purpose – by helping executives and managers around the world lead with authenticity, thereby raising the performance levels of individuals, teams and organizations and impacting the bottom line of corporations.

For more information, contact Amy at [amy@ave108.com](mailto:amy@ave108.com) or 949.228.4048.



*"Amy was my executive coach for six months while she was at Capital One. Amy's keen insight and thoughtful, gentle style helped me identify and act on a number of key behaviors that were limiting my professional success. Amy is open and supportive. I enthusiastically recommend her if you believe you might benefit from coaching. If you have been told to find a coach, you could not find a better partner to help you on that journey."*

— VP, INFORMATION TECHNOLOGY, CAPITAL ONE

**Amy St. Clair Day, Catalyst**  
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*Find your path*