



transformation in personal and professional life

Business Profile

WithinVision, founded by **Anita E. Stauffer, Ph.D.**, is dedicated to empowering men and women to develop positions of leadership in their professional and personal lives, and to develop lives that are best for themselves and best for others. Executive coaching and team development services are customized to fit specific individual, team and business needs, and are constructed from a menu that includes state of the art options.

While WithinVision was established as an LLC in 2006, Dr. Stauffer has consulted with professionals in business, law, education, insurance, real estate, pharmaceuticals, information technology, marketing, the arts and healthcare for over 25 years, first in the context of her role as a licensed clinical psychologist who specialized in systems psychology, and now as an executive coach and consultant.

Healthcare research asserts that stress is our greatest enemy. Work and life can no longer be clearly separated. Energy, health, relationship, communication, and focused attention cannot grow if partitioned as after-hours concerns. WithinVision focuses on the workplace as a platform, which has enormous power to influence life quality, security, identity and purpose.

When economic, political and cultural circumstances of the last decade created a culture of increased uncertainty for Americans, it seemed important to bring new strategies to the table, strategies that could enable individuals and groups to build and sustain strong leadership under more challenging circumstances. Dr. Stauffer pursued needs to communicate, innovate, and sustain productivity under pressure. These approaches incorporate strategies and practices, sometimes referred to with the term "mindful leadership" and bring the best of current neuroscience research to the workplace. Individual and group assessments, educational offerings, mindful leaderships training, appreciative inquiry, and a variety of corporate training opportunities that focus on communication training, critical decision-making and team development are available. A background in the specialized concerns of family businesses is often very helpful.

WithinVision has grown steadily since 2006. In addition to executive coaching and team development services, classes in Mindfulness-Based Stress Reduction (MBSR) are also offered three times a year. Part-time team members include a highly trained fitness and holistic lifestyle coach, administrative support members, and external consultants who participate as needed.