



Human-Centered
MINDSET
AND
LEADERSHIP
Training

That Actually Creates Results

*Three Signature Paths to Accelerate
Your Top Players' Best Work*

In just **6-12 months**, your high-performing talent
will be building other leaders without drama,
burnout, or bottlenecks so your business can scale.

WE PARTNER WITH UP TO 20 TEAMS PER YEAR *Discover more:*

TheLegacyOfYou.com | 212-567-5907 | Concierge@TheLegacyOfYou.com

3

POWERFUL WAYS TO PARTNER WITH US

The Legacy of You

Our Signature Programs

Our
Flagship
Program



10-24

Team Members

LEADERSHIP EXCELLENCE GROUP

Virtual Mindset & Leadership Training Events

6-12 months

High-energy, interactive virtual training that unites your team, builds shared leadership language, and equips leaders with the tools to own their roles and grow others.

Result:

Your leaders collaborate better, solve problems faster, and create more leaders.



3-8

Participants

360 COHORT LEADERSHIP COACHING

Combining The Best Of 1:1 & Group Coaching

6-9 months

Small-group coaching that blends 360 feedback, peer accountability, and breakthrough sessions, developing leaders who are self-aware, proactive, and prepared to take the next level of responsibility.

Result:

Your high-potential leaders become confident, accountable, less reactive and ready for expanded roles.



1:1

360 1:1 LEADERSHIP COACHING

Coaching Reserved For Top Performers & Emerging Leaders

A personalized journey with 360 feedback, RIM® breakthrough sessions, and high-touch coaching to release internal barriers, sharpen focus, and accelerate performance.

Result:

Your top performers translate clarity and confidence into execution, higher retention, and accelerated business results, all while building a bench of future leaders.

Investments Starting As Low As \$15,000

A 100% Guaranteed Partnership

We put our skin in the game too.
If after session one you're not seeing the value,
we part ways, and your investment is fully refunded.

TYPICAL SHIFTS ASSOCIATED WITH **OUR SIGNATURE PROGRAMS**



OUR COACHING & TRAINING PHILOSOPHY

People deserve to feel *fulfilled* while doing the most *impactful* work of their life.

At **The Legacy of You**, we believe true leadership transformation begins inside the leader and then extends to their team, their company, and beyond. Most leadership programs teach

external skills and processes but skip the human core: the mindset, self-awareness, and mental-clarity that make those skills sustainable and drive real results.

OUR SIGNATURE APPROACH HELPS YOUR TOP PERFORMERS:

UNDERSTAND THEIR IMPACT ON OTHERS

so they make smarter decisions that save your company time and money.

REPLACE REACTIVITY WITH RESPONSIVENESS

so they show up steady under pressure and keep projects moving forward.

STRENGTHEN HOW THEY LEAD OTHERS

so they get more out of their team, execute faster, and drive measurable results.

HOLD THEMSELVES ACCOUNTABLE TO THE COACHING

so the learning sticks, gets applied, and signals to others that leadership growth is taken seriously.

BUILD LEADERSHIP HABITS THAT LAST

so the results stick and scale long after the training is over.

OUR COMPETITIVE ADVANTAGE

We only partner with organizations that already believe what the best leaders know:

When you put your people first, your customers win and your profits naturally increase.

MEET OUR CORE TEAM



MICHAEL IAN CEDAR

Founder, President, & Tea Enthusiast

Michael brings decades of experience coaching leaders in entertainment, events, and corporate teams. Known for his warmth, humor, and actionable insight, Michael helps leaders unlock their confidence, align their priorities, and create sustainable impact without burnout.



ELIZABETH "E-RAD" RADABAUGH

Director of Experience, Coach, & Dog Mom

Elizabeth blends leadership coaching with RIM® (Regenerating Images in Memory) to guide leaders toward breakthrough moments of clarity and emotional resilience. Her approach helps leaders release internal barriers and lead with authenticity, focus, and joy.

A VERY *Different* KIND OF LEADERSHIP TRAINING

Traditional leadership development programs focus only on external behaviors, like giving feedback or resolving conflict. While indeed important, these approaches often overlook the foundation: how managers and leaders understand and manage themselves.

We flip the traditional training model. We strengthen each individual's ability to manage their mindset, reactions, and priorities, while elevating how they lead and drive performance through their team.

OUR ALTERNATIVE APPROACH TO DEVELOPING RESULTS-DRIVEN LEADERS



INTERNAL

- MBTI® or Working Genius® Assessments
- Emotional Intelligence & Regulation
- Limiting Beliefs
- Identity as a Leader
- Ownership & Accountability

EXTERNAL

- Executive Presence
- Giving & Receiving Feedback
- Empowerment & Accountability of Others
- Conflict & Confrontation
- Coaching Skills

SYSTEMIC

- Time Management
- Routines
- Delegation Processes
- Scalable Leadership Practices
- Succession & Benchstrength Planning

COMMUNITY

- Human Coaches: Group & 1:1
- Peer Learning & Connection
- Breakout Practice Rooms
- Shared Commitments & Celebrations

ACCOUNTABILITY

- Actionable Commitments
- Peer Accountability Buddies
- Manager's Partnership
- Micro-Lessons Every Week

ENHANCED TECHNOLOGY

- Live Event Experience
- Interactive Throughout
- AI Supported Platforms
- Gamification

ONLY AVAILABLE TO 20 GROUPS A YEAR / CALL TO SECURE YOUR DATES!

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How We Prove ROI, ROT, and ROM

Return on Investment | Return on Time | Return on Morale

This isn't "feel-good" training.
This is a measurable behavior change
whether you're developing a single leader or your entire leadership bench.

MULTI-LAYERED INSIGHTS



360° Pulse Surveys

Pre-, mid-, and post-program feedback from participants, managers, peers, and/or direct reports.



Pulse Checks

Short "temperature" surveys to track participant energy, focus, and perceived impact in real time.



Behavioral Wins & Action Logs

Participants track new actions, missed moments, and wins to show tangible behavior change.

KEY STAKEHOLDER DASHBOARDS

Monthly Engagement Reports

Clear snapshots of participation, follow-through, and key progress points for each participant or group.

Manager Alignment Details

Brief reports or touchpoints to ensure managers and stakeholders see and reinforce growth in action.

Gamified Progress Tracking

Light competition, visual scoreboards, or milestone mapping to boost energy, visibility, and ownership.

WHY THIS WORKS ACROSS ALL PROGRAMS

Whether in a **6-month 1:1 journey**, a **small peer coaching cohort**, or a **full-team training series**, these feedback loops:



Capture changes in both mindset and observable behavior



Show participants their progress, fueling motivation and accountability



Provide executives with tangible ROI, ROT, and ROM metrics to justify their investment



Keep stakeholders in the loop

A 100% Guaranteed Partnership

We put our skin in the game too.
If after session one you're not seeing the value,
we part ways, and your investment is fully refunded.

WHY OUR TRAINING PROGRAMS WORK: PROVEN RESULTS, BACKED BY RESEARCH

Most leadership programs focus on what to do. Ours go deeper, addressing who the leader is at their core, clearing internal barriers, and building the mindsets and skills that create lasting change.

The result? Measurable gains in performance, retention, engagement, and ROI.

Coaching Improves Leader Performance



Over **70% of individuals** who receive coaching benefit from improved work performance, relationships, communication, and more. (Global Coaching Client study. ICF)



Sun Microsystems (IT Company) found that individuals who worked with a coach were **5 times more likely to receive promotions** and salary increases than those who did not. (Sun Microsystems. Forbes)



Leaders who worked with a coach saw an average **85% increase in confidence**. (Training Magazine)

Coaching Boosts Business Results



Executive coaching delivers an average **788% ROI**, driven by productivity gains and employee retention. (Metrix Global Study, via American University)

One organization saved **\$5 million** over ten years through leadership coaching, achieving a **528% ROI**. (Training Magazine)

Emotional Barriers Hold Leaders Back

- Under pressure, leaders default to **fast, emotional reactions**, leading to blind spots and poor calls.
- **Shifting to reflective thinking** improves decision quality and strategic clarity.
- **RIM® coaching** clears hidden blocks so leaders:
 - Stay calm under every day stressors and crunch time pressures
 - Build stronger trust
 - Make intentional, values-aligned decisions

(Kahneman, D., Thinking, Fast and Slow)

Coaching Strengthens Teams & Retains Talent

Organizations that measure coaching impact are more likely to see big wins.

PRODUCTIVITY



CUSTOMER SATISFACTION



SUCCESION READINESS



(Industry Research)



Two-thirds of HR leaders report leadership coaching directly improves employee engagement and job satisfaction, critical drivers of retention.

(Industry Research)

Bottom Line: Across industries, the data is clear... leadership coaching works.

It builds confident, self-aware leaders, strengthens teams, improves retention, and delivers measurable returns on investment.

Learn More

For full research citations, visit:
TheLegacyOfYou.com/research

HUMAN-TO-HUMAN LEADERSHIP IN A DIGITAL ERA

Founder & President



Today's digital and AI-driven world demands new leadership styles. Old-school methods of management no longer suffice. People are more connected digitally, but more disconnected as humans. That disconnect is driving a decline in wellness and morale, increasing the need for extra work, and shrinking your market share.

Here's what I see every day as an advisor to top CEOs and senior leaders:

Senior leaders often lack the time to focus on the future because their teams are held back. There isn't enough time dedicated to building self-awareness and leadership skills. As a result, even talented individuals struggle with self-doubt, misaligned focus, and interpersonal tension. They spend their energy managing immediate problems instead of driving results and building what's next.

I built our 3 Signature Programs around my core belief:
Everyone deserves to feel good through their contribution and to do the most meaningful work of their life.

This program is designed for organizations that know their people are the fuel for their profits. It helps high performers lead themselves first, and equips them with the tangible tools to confidently lead others up, down, sideways, and diagonally across your organization.

When leaders operate from clarity instead of chaos, from responsiveness instead of reactivity, your culture changes. The burden lifts from you and your senior team, and your company is free to grow and make a lasting impact on both the world and your bottom line.

Thanks for trusting our team with yours.

—Michael Ian Cedar

TEAMS & PROJECTS OUR COACHES HAVE WORKED WITH:



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