

Take career to next level with Dare to Engage

BY SHERRY GIEWALD

Daily Herald Correspondent

Looking to take your business or professional career to the next level? Anese Cavanaugh can help.

She owns Dare to Engage Inc. in St. Charles, and she can help create the personal and professional results you desire.

Programs include in-person workshops, tele-seminars, retreats and private coaching. There are also group programs that range from membership style to high level mastermind circles, corporate focused programs and programs open to the public.

Cavanaugh's typical client is a person in middle- to upper-management in a large organization, or a small business owner who wants to take his/her business and leadership to the next level.

"Some may not be aware of what they want, but they know they want more," Cavanaugh said. "Others may know exactly what they want, but they need some coaching and challenging to get there."



Anese Cavanaugh, owner of Dare to Engage Inc. in St. Charles, helps professionals take their career to the next level with coaching, programs and seminars.

For example, a leader in a company wants to be more

effective with his team so he can get the results the compa-

ny wants. Some questions Cavanaugh will explore with her clients include:

- How effective is he/she in leading their team to get these results?
- How engaged is he/she and how does he/she inspire their team to engage?
- Does he/she have the energy and stamina and the presence to be effective?

"This isn't a passive place," Cavanaugh said. "You've got to be willing to get out of your comfort zone and get into action in order to get

Dare to Engage Inc.

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Years in business: 5

Specialty: Personal, professional coaching and training

what you want."

"When you do that, it's amazing what can happen," she said. "Those who are hungry, willing and ready to make some changes in life are a perfect candidate."

Cavanaugh is a certified professional coach and certified wellness coach with a bachelor's degree in kinesiology. She also has a lot of credentials and continuing education in leadership development, health and productivity management, and is a member of the Arbinger Professional Helping Network.

Lead Like a Hero in Business & Life



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Dare to Engage Heroic Living & Leadership Programs

Private Personal and Leadership Coaching, Experiential Training, Retreats, Speaking, Membership Programs, and Group Master Mind Programs all geared to meet you where you are in your personal and professional leadership journey... if you dare to engage and get into action! New Master Minds and Group Intensives start in the Fall!

