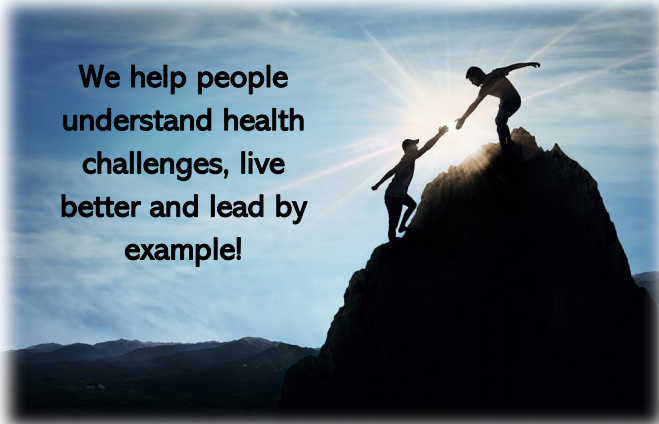




We are Live & Lead, LLC. [Click to view video](#)

Our vision is to empower people to improve their mindset, and improve their health behaviors, to nourish, restore and optimize their health and maximize their life.

Through personalized online health courses, we help people address the root causes of health challenges and equip them to transform their personal health.



We help people understand health challenges, live better and lead by example!

Our strategies to serve our community include:

Content Creation:	Transformational Courses:	Community Collaboration:
We create and provide complementary content: blog posts, podcast episodes, informative flyers, and partner collaboration toolkits.	We provide online personal transformation courses including complementary mini-courses, low-cost standard courses and high value flagship courses.	We collaborate with employers, community groups, and medical providers to understand their needs and provide them with a complementary toolkit and promotional materials to better serve and support their audiences.

Our organizational values include:

- **Serve:** Seek and find opportunities to serve.
- **Solve problems:** Assess needs, anticipate problems, accept the truth, see the big picture and handle one thing at a time.
- **Create value:** Value people, and add value to people so they can multiply that value to others.
- **Take action:** Know the priority, use the right tools, focus on your objective, practice consistency and stay with it.
- **Communicate:** Communicate effectively by simplifying the message, seeing people, showing the truth and seeking a response.
- **Be a partner:** Understand how organizations and people feel and think, and help people by keeping their interests top of mind.

Collaborate with us:

www.livelead.org/services/collaborate/ | 302-584-7531 | liveandleadtoday@gmail.com

To join our complementary school and get started:

<https://live-lead.teachable.com/>