

## **Patrick Lyons: Media Kit**

An executive coach, business consultant, speaker, writer and co-host of *The Frustrated CEO* podcast, Patrick Lyons is focused on helping people and organizations across the nation execute better than ever before.

Patrick has coached all levels of the organizations he supports, from CEOs to frontline employees. With expertise in strategic execution, strategic planning and alignment, leadership development, and creating high-performance cultures, he gives people the tools they need to unleash the potential that's already within them. With 25 years of experience, Patrick gets individuals, teams and organizations unstuck so they can work together effectively to reach their goals.

Everything he does stems from one foundational belief: there is, without fail, greatness inside each and every one of us. And when you remove the obstacles that inhibit your ability to see it, you can unleash your greatness and harness it to transform your relationships, organizations and even the world.

Patrick has led leadership teams across the country through his proven process for better execution. He's worked with companies such as [list of notable companies or industries that Patrick has worked with].

As a co-host of *The Frustrated CEO* podcast, he facilitates candid conversations to offer proven processes for greater influence, action and success. Because Patrick understands that leadership positions can be as difficult as they are important, and nobody is alone in feeling frustrated.

He champions everyone he works with to gain a deep understanding of their greatness by identifying the unique strengths already within them. Helping people find what fuels them is what Patrick lives for, always equally committed to those he works with as they are to themselves. And sometimes even more.

An experienced and trusted guide, Patrick always says, "There is absolute greatness inside you, and often when it's not coming, it's because you're holding it back. Our work together aims to unleash it."