

# *Regina Woods*

Transformation Leader, InitiativeOne

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With over 25 years in leadership development, Regina's gift is to help clear the path to increased results. She helps leaders and teams uncover barriers and realize their potential.

She believes leadership is about who you are, not what you do. She knows that being-based leadership is an inward journey. And, looking below the surface for a deeper understanding of yourself requires courage. Regina helps create the safety necessary for this kind of courage and personal transformation.

Her kind, direct, and practical approach inspires self-reflection, personal accountability, healthy interactions, intentional decision-making, and sustainable change. Bringing your best leadership makes the greatest impact. Regina shines at supporting leaders on this important inward journey!