



L'Lorenzo Seabrook, MBA, CTPC

Professional Certified Coach (PCC)

L'Lorenzo works with managers and leaders in the areas of leader development and team performance. He specializes in coaching, facilitation, and training services. Professional coaching is a natural fit as it complements his diverse and mature military background of developing leaders and shaping outcomes for over two decades. L'Lorenzo is known in the Intelligence, Special Forces, and Information Technology community as a leader and an outstanding team builder who conveys unvarnished perspectives, resulting in positive leadership actions and effective results. To highlight his past accomplishments, L'Lorenzo was endorsed by several senior DOD leaders to serve as liaison to Congress.

L'Lorenzo has coached leaders in Freddie Mac's DIRECT program, Coca-Cola, several small businesses, managing partners in law firms, the Undergraduate Staff at the Smith Business School, University of Maryland, Arlington County leaders, U.S. Customs and Border Protection (CBP), the Department of Justice, and the Smithsonian. He uses practical experiences, perspective, and humor in his approach.

L'Lorenzo is known as a trusted advisor who provides candid and intimate feedback while stepping into positions of strength and getting to the heart of the matter. L'Lorenzo was recognized by the Dean of the Smith Business School for his continuous work as a coach who directly contributed to the success of the CBP Leadership Institute Program (CBP LI). CBP LI was awarded the 2016 DHS Human Capital Award for Professional Excellence in Learning and Development and in 2017, Outstanding Human Performance Intervention award from the International Society of Performance. Some of his areas of expertise include: Leadership - with over 25 years developing individuals, Employee development - facilitating and supporting the professional growth of others, and Effective communications - teaching leaders the perspective and benefits of being an effective communicator.

Education and Credentials:

- Mission Critical Team Development Program – Mission Critical Team Institute
- MBA with a concentration in Leadership
- Leading Change and Organizational Renewal – Harvard Business School
- Leadership Coaching for Organizational Performance, Executive Leadership Coaching
- US Army Sergeant's Major Academy Graduate
- Negotiation for Senior Executives, Harvard Law School
- Dealing with Difficult People and Difficult Situations - Harvard Law School
- BA Management / Human Resource Management

Certifications:

- International Coaching Federation, Professional Certified Coach
 - Certified Team Performance Coach Team Coaching International
 - Success through Observer Action Results (SOAR) T3 (Train-the-Trainer) - Chalmers Brothers
 - DISC and 12 Driving Forces and Motivators – Targeted Training International
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