



CAPABILITY STATEMENT

Transformational Coaching & Development | Bravely Overcoming Life's Difficulties® (BOLD), LLC

Empower Your Presence, Be BOLD!

boldandempowered.com | info@boldandempowered.com | 301-872-7288 | Frederick, Maryland

COMPANY SNAPSHOT

Business Name: Bravely Overcoming Life's Difficulties® (BOLD), LLC

Division: Transformational Coaching & Development

Address: 7310 Grove Road, Suite 205A, Frederick, MD 21704

Point of Contact: Dr. Ella F. Warren, DPA, Founder & CEO

UEI
E7GYQDLVW7P5

CAGE
10D24

CERTIFICATIONS

SBA-Certified SDVOSB · SBA-Certified WOSB · Maryland VSBE · Maryland Certified Small Business (CSB), SBR Program Participant · Registered eMMA Vendor

CORE COMPETENCIES

- One-on-one transformational coaching with a personalized Brave Action Plan
- Group coaching and cohort programs
- Leadership and executive coaching
- Career transition and personal reinvention coaching
- Resilience, coping-skills, and forward-movement support (non-clinical)
- Coaching grounded in the B.O.L.D.® Framework: Background, Obstacle, Lessons Learned, Determination

NAICS CODES

- **624190** — Other Individual and Family Services (*primary*)
- **611430** — Professional and Management Development Training (*primary*)
- **541611** — Administrative Management and General Management Consulting Services
- **541618** — Other Management Consulting Services
- **611710** — Educational Support Services
- **711510** — Independent Artists, Writers, and Performers

COACHING APPROACH

BOLD coaching helps individuals and leaders name what is holding them back, build resilience, and take their next right step with courage. Coaching explores the beliefs, values, habits, and thought patterns that shape daily decisions — with clear goals, accountability, and practical action plans.

PROGRAM OPTIONS

- Individual coaching packages
- Group coaching cohorts for teams or employee populations
- Leadership coaching for supervisors and managers
- Workshops paired with follow-up coaching
- Virtual or in person in Frederick, Maryland

WHO WE SERVE

- Agencies and organizations seeking coaching for leaders or employees
- Military, veteran, and transitioning service member populations
- Nonprofit, faith-based, and community organizations
- Individuals and professionals navigating change

DIFFERENTIATORS

- Master Certified Life Coach (M.C.L.C.), Certified Life Coach Institute
- Led by Dr. Ella F. Warren, DPA — U.S. Air Force veteran with 24+ years of federal service with the Department of Defense.
- Human Services—Board Certified Practitioner (HS-BCP); NACP Advanced Credentialed Advocate
- Doctor of Public Administration; B.S. in Psychology

RELEVANT EXPERIENCE

Years of guiding individuals and organizations through major transitions as a leader, advocate, and coach. References are available upon request.

