



CAPABILITY STATEMENT

Training & Professional 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: Training & Professional Development (FOCUSPIRE® Consulting and Training)

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

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

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CERTIFICATIONS

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

CORE COMPETENCIES

- Leadership Development Workshops
- Strategic Planning Seminars
- Professional Development Training
- Organizational Leadership Education
- Public Administration & Policy Leadership Training
- Resilience-Building Training for Individuals and Teams
- Trauma-Informed Training

NAICS CODES

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

TRAINING APPROACH

BOLD training programs are interactive, practical, and people-centered. Each session is customized to the audience and organizational goals, blending strategic insight with lived experience so participants leave with tools they can apply immediately.

DELIVERY FORMATS

- Instructor-led workshops (in person or virtual)
- Half-day and full-day sessions
- Multi-session training series and cohorts
- Educational webinars
- Leadership retreats and planning sessions

WHO WE SERVE

- Federal, state, and local government agencies
- Military and veteran-serving organizations
- Nonprofit, community, and faith-based organizations
- Healthcare, human services, and education organizations
- Workforce and corporate teams

DIFFERENTIATORS

- Led by Dr. Ella F. Warren, DPA — U.S. Air Force veteran with 24+ years of federal service with the Department of Defense.
- Doctor of Public Administration with two master's degrees (Human Resource Management; Human Services).
- Deep expertise in EEO, workforce development, policy, organizational assessment, and 12 years in sexual assault prevention and response.
- Credentialed: HS-BCP, NACP Advanced Credentialed Advocate, Master Certified Life Coach.

RELEVANT EXPERIENCE

Extensive experience designing and delivering training across federal programs and community organizations. Past performance and references are available upon request.

