

# The Process to **LOVE**

Keynotes, consulting, and  
coaching that **empowers** your  
organization to **communicate**  
with integrity and **LOVE**.



Chief LOVE Officer &  
Founder, The Process to  
LOVE & StorySync  
Speaker, Author,  
Consultant, & Coach



# What's **LOVE** got to do with it?

Everything when it comes to:

Listening  
Open-mindedness  
Vulnerability  
Empathy

Here's how most of us **communicate**:

**Assumptions are made instead of clarifications.**

(We think we know what the other person means, feels, or needs—without checking. Especially, if one of them is a leader.)

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**Misunderstandings build emotional distance.**

(Frustration, hurt, or confusion sets in, but rarely gets addressed openly. Usually, it is expressed through passive aggressive behavior.)

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**Broken trust, repeated conflicts, and relationships that survive on surface-level communication (or fall apart).**

And that's just one example out of countless others!

Communication is easy to talk about, but hard to do well. When done poorly, it leads to misalignment, unclear expectations, unspoken tension... sound familiar?

It's time to **lean into LOVE!**

Let's be honest—you don't need another **leadership workshop**. You need a **communication upgrade** that makes your teams more connected, your managers more effective, and your culture more aligned.

Poor communication in the workplace creates a ripple effect. Emotionally draining employees. Financially draining organizations.

Employees spend about **2.8 hours per week** arguing or seeking advice on how to handle a difficult colleague.

Managers spend about **4 hours per week** on conflict resolution, often unable to offer a lasting solution.

And what does all of this cost?  
Roughly **\$359 billion** in paid hours annually.

So, how do you equip your people to handle conflict and improve communication? You focus on **The Process of LOVE™**—and transform how your people communicate from the inside out.

# Hi! I am Glodean.

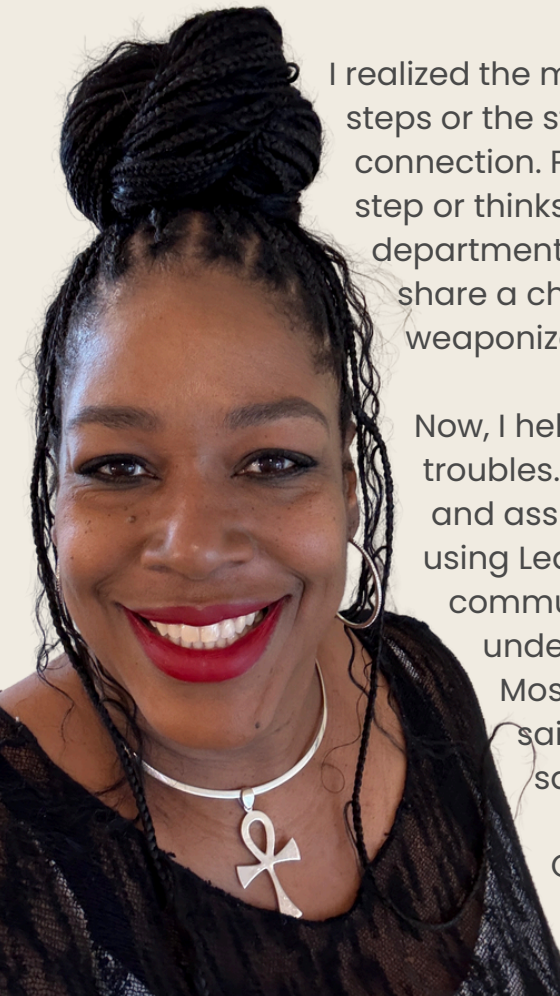
I'm the founder of **The Process to LOVE™** and it's companion **StorySync™**. As a Six Sigma Black Belt, I've led hundreds of process improvement initiatives over the past 20 years. No matter how broken a system is, it's rarely the tools or the tasks that are the real problem. Usually, it's the people—when they don't talk to each other, don't listen, or let fear and ego get in the way of connection. I've seen it time and again: a leader more committed to being right than making things better, dysfunctional teams that talk at each other rather than to each other. All of which leads to resistance and it was this kind of resistance that almost made me walk away from this work altogether. Despite all the successful transformations, all the savings, all the teams I've helped realign with purpose and power.

So instead of quitting, I got clearer.

I realized the most powerful lever in process improvement isn't in the steps or the structure—it's in the communication and cross functional connection. Processes don't collapse just because someone misses a step or thinks it will work better "their way". Processes break down when departments don't talk to each other. When someone "forgets" to share a change. When information gets buried, withheld, or weaponized. That's not a process problem. That's a people problem.

Now, I help organizations get straight to the root cause of their troubles. Most stem from disconnection, misunderstanding, fear, and assumptions. That's why surface-level fixes don't work. By using Lean Six Sigma methodologies and human-centered communication strategies we uncover what's really going on—underneath the workflows, the bottlenecks, and the behaviors. Most communication problems aren't just about what's being said — they're about what's left unsaid. And, what's not being said always tells the real story.

Communication doesn't change with information — it changes with intention and **LOVE**.





Real change doesn't happen because of better systems. It happens because of better communication.

Glodean Champion knows this firsthand.

As a Six Sigma Black Belt with more than a decade leading process improvement and change management initiatives, she's seen it time and time again:

Brilliant strategies fail not because the plans are broken—but because the conversations are.

Glodean is a powerhouse leadership coach, keynote speaker, and Chief LOVE Officer who transforms how individuals and organizations communicate, connect, and lead—personally and professionally. Through her transformational frameworks—The LOVE Method™ and StorySync—she bridges the critical gap between communication and connection, helping teams break patterns that sabotage trust and collaboration, and build cultures where people feel seen, heard, and empowered to thrive.

Her keynotes and workshops are custom-built experiences that don't just inform—they transform. Glodean's sessions inspire individuals to take personal responsibility for how they show up, how they speak up, and how they lead others—not from fear or ego, but from a place of deep alignment, authenticity, and courage.

Glodean's storytelling, strategic insight, and no-fluff facilitation meet her audience exactly where they are, then guide them forward with clarity and compassion. Whether she's helping executive teams navigate culture change, coaching women to rewrite disempowering personal narratives, or guiding entire organizations through high-stress transitions, her message is clear:

Communication is the heartbeat of it all.  
Without it, leadership fails.

With it, anything is possible.

## Introducing...

**The Process to LOVE™** and it's companion **StorySync™**.

**The Process to LOVE™** isn't just a feel-good framework. It's a people-centered methodology that transforms the way you communicate, deepens connection, and strengthens leadership at every level.



**StorySync™** awakens the need for change by helping you recognize and rewrite the stories that hold you back, while shifting your mindset and limiting beliefs influence the way you show up for yourself and others.

The results? Increased productivity, engagement, self-awareness and loyalty.

I use it as the foundation for every keynote, workshop/retreat, and leadership coaching program I deliver.

**The Process to LOVE™** and **StorySync™** are two sides of the same transformation.

Together, they don't just inspire better conversations; they empower real connection, courageous leadership, and a new way of showing up — at work, in relationships, and in life.

# The Process of LOVE

## *The LOVE Mindset at a Glance*



**Listen**

**Mindset: “Every voice has value.”**

This mindset helps leaders and team members stay present, prioritize understanding, and create space for diverse contributions.



**Open-minded**

**Mindset: “There’s always more to the story.”**

It invites curiosity over certainty, helping teams navigate complexity and disagreement with flexibility, respect, and the acceptance that everyone is entitled to their opinion.



**Vulnerability**

**Mindset: “Authenticity is a strength, not a weakness.”**

This mindset allows individuals to lead with honesty, build trust faster, and foster psychological safety across teams. Admitting you don’t know builds a bridge to connection.



**Empathy**

**Mindset: “Everyone’s experience matters.”**

This mindset encourages deeper connection, better support, and more inclusive decision-making by acknowledging and caring about others' realities.



## Communication Strategies for Success **LOVE Based Signature Programs**

# The Power of LOVE

Most popular! The **Power of LOVE** is a transformational program designed to address and resolve the most common communication challenges in the work place and in life, including miscommunication, ineffective interaction, and fear-based silence.

Guided by the principles of Listening, Open-mindedness, Vulnerability, and Empathy (LOVE), this program offers actionable tools and strategies for fostering trust, understanding, and authentic connection. Participants will leave empowered to manage difficult conversations, build stronger personal and professional relationships, and create a healthy, collaborative workplace culture where everyone feels heard and valued.

This program is perfect for leaders, teams, and anyone who is ready for a communication upgrade that will have lasting effects.

Audiences will leave with the tools to:

- Strengthen relationships by learning how to truly hear and understand others.
- Approach communication with curiosity and receptiveness to new perspectives.
- Use authenticity to build trust and meaningful connections.
- Address communication breakdowns with confidence and compassion.





Communication Strategies for Success  
**LOVE Based Signature Programs**

## **Love to the Third Power:** *The Resolution Solution*

**LOVE to the Third Power** is a revolutionary conflict resolution keynote designed to teach audiences how to turn workplace tensions into valuable opportunities for personal and professional growth.

Participants will gain tools to build harmony and trust within their teams, turning potential roadblocks into stepping stones for greater collaboration and innovation. This program guarantees transformation through practical, empathy-based solutions to workplace challenges.

This program is perfect for leaders, teams, and individuals who struggle with conflict avoidance or an inability to manage and resolve conflict.

Audiences will leave with the tools to:

- pinpoint the underlying causes of workplace tensions to resolve them effectively.
- improve relationships through purposeful, trust-building listening techniques.
- use understanding and compassion to de-escalate disputes and strengthen teams.
- turn conflicts into opportunities for team growth and productivity.



## Communication Strategies for Success **LOVE Based Signature Programs**

# Live Out Loud in LOVE with YOU

In this transformational keynote, Glodean blends her **StorySync for Women™** framework with her Process to LOVE (Listen, Open-mindedness, Vulnerability, Empathy) to guide women in breaking free from old narratives and limiting beliefs, reconnecting with their authentic selves, and stepping boldly into the life they were meant to live.

This isn't just inspiration. This is a call to revolution — starting from within.

This program is perfect for women looking to rewrite their story and stand, unapologetically, in their power — personally or professionally.

The audience will leave with the tools to:

- identify and release the old stories that have kept you silent, small, or stuck.
- replace self-judgment and fear with curiosity, creativity, and courage.
- see vulnerability not as weakness, but as the key to connection, authenticity, and self-empowerment.
- rewrite the self talk and build the foundation for bold action and fearless leadership.

# Why Glodean?

## Unmatched Presence & Transformational Energy

Glodean doesn't just walk into rooms—she shifts them. Her dynamic presence, magnetic energy, and raw authenticity captivate audiences and move them to action. She's not here to give a speech. She's here to spark something real.



## Process-Minded Meets People-Driven

With a background in Six Sigma, change management, and operations, Glodean understands how systems work—and more importantly, why they fail. She brings analytical precision to her work, but she delivers it with heart, story, and a deep understanding of human behavior.

## LOVE in Action, Not Theory

Everything Glodean teaches, she lives. As a servant leader and survivor, she's not afraid to go first. Her willingness to lead with vulnerability, empathy, and fierce truth is what makes her work land so deeply and stick so long after the session ends.

## Custom-Crafted for Maximum Resonance

No two teams, cultures, or communities are the same. That's why Glodean works closely with every client to understand their unique dynamics, breakdowns, and breakthroughs-in-waiting. She tailors each keynote and program to speak directly to your people, your goals, and your growth edge.

Whether she's working with Fortune 500 teams, rising women leaders, or the next generation of changemakers, Glodean doesn't just help people communicate better—she teaches them how to lead with LOVE and connect from the inside out.



## What Leaders Say About Glodean



Glodean is a force and very much committed to making the lives of the people she encounters better than how she found them. Whether she's sharing her wisdom and knowledge or sharing that beautiful smile of hers, you will walk away feeling loved, seen, and heard.

~ Mayor Tyller Williamson, Monterey, CA



Glodean has a way of getting us to think about where a person may be coming from, what their journey may be or something even more in depth about characteristics. She is amazing at guiding you not to judge people, but to try and understand them so that we can begin to bridge our differences.

~ Jacqueline, Co-Founder



I recently had the good fortune of hearing Glodean speak on the topic of LOVE and she was unbelievable! Her unique approach to difficult topics leaves the audience feeling both at ease and ready to make the world a better place. Glodean is amazing! Period! End of story! If you have the good fortune of bringing Glodean in to speak, take it! She is fabulous!

~ Tim D., COO/Founder



## What Leaders Say About Glodean



Working with Glodean has been an invaluable experience! Her coaching style allowed me to gain confidence, and stretch my abilities. I have a new mindset around leadership, team resources, and managing up!

~ Nicole, Director, Influencer Partnerships



I encourage others to challenge themselves towards continuous improvement with Glodean's exceptional expertise in coaching and her ability to build accountable cultures. Glodean has an infectious personality and attitude that makes her a pleasure to have around anywhere.

~ Scott, VP Information Technology



One of Glodean's best qualities is her ability to immediately connect with people and make them feel comfortable. Whether it is on the phone, via email or if you are lucky enough to meet her face to face. Her compassion for all people oozes from her soul.

~ Lisa, Director, People and Culture

## Contact Glodean

Communication isn't about speaking louder. It's about listening deeper. And if you're leading a team, a company, a classroom—or even a family—and things aren't flowing...it's not because people are difficult.

It's because people don't feel heard.

☎ (510) 301-6550

Are you ready to grow as a communicator and lead with LOVE?



### I'm available for:

- Association Conventions
- Leadership Conferences
- Executive Retreats
- Corporate Meetings
- Private Events
- Team-Building Events
- Educational Seminars
- Virtual Presentations



### Find me on:

