

Author: Angie McCourt
Category: Leadership, Business,
Self-Help, Personal Growth
Print ISBN: 978-1-7376831-0-0
Publisher: Authentic Me Revolution

Media **Kit**

[Author Bio](#)

[Book Bio](#)

[Book Review](#)

[Target Audience](#)

[Book Excerpt](#)

[Interview Questions](#)

[Story Ideas for Reporters](#)

[Downloadable Author & Book Photos](#)

[Contact Author](#)

Author Bio

Angie McCourt is an Author, Host of Shifting Inside Out Podcast and Founder, Success + Mindset Coach of Authentic Me Revolution. She shifted from a 27-year career as a successful business leader into the helping industry at a time where major change can happen including revolutionizing the workplace and life in general. As a Success + Mindset Coach she helps clients shift their limiting beliefs and discover their elevated gifts so they can show up as their true self.

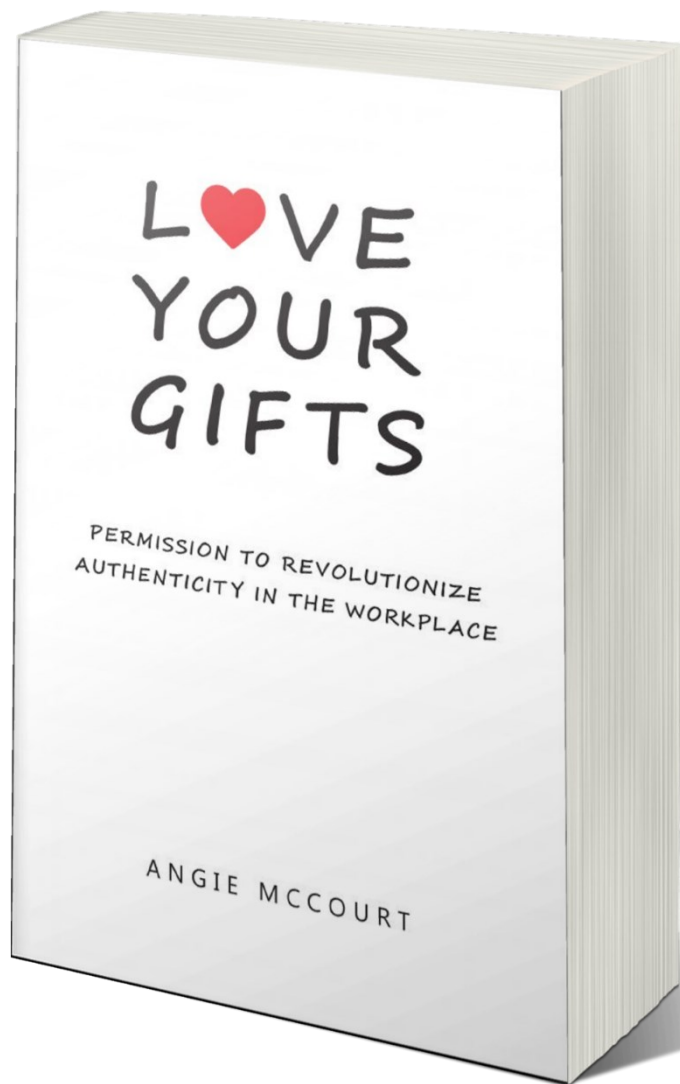
She is an Edgewalker, Seeker and Messenger discovered along her own journey of personal transformation. She has challenged status quo throughout her career and work in the community.

This is her first published book and has an online course called Money Energy Reset focusing on our relationship with money and the limitations that hold us back from achieving our dreams.

Angie's mission is to help others discover their gifts, be true to their self and find joy through mindset shift and actions to create the life they want to live.



Angie McCourt



Author: Angie McCourt
Category: Leadership, Business, Self-Help, Transformational Non-Fiction
Print ISBN: 978-1-7376831-0-0
Publisher: Angie McCourt

Book Bio

Do you know you have more to offer yet fear how your ideas will be accepted or how your message will be received? Are you showing up to work and life in your authentic skin without fear? We create a world of perfect outcomes in order to be acknowledged, valued and rewarded. Yet the need to be authentic hits our very core. It's time to identify, value and unleash your elevated gifts.

In this transformational non-fiction book Angie identifies the many mindset, belief, culture and behavior limitations that impact how we show up authentically in the workplace. She is an advocate to increase awareness, acknowledgement, activation and appreciation of our other elevated gifts that bring value to culture and business. Offering a method to identify, activate and integrate these gifts. This paradigm shift will change our future innovation, interaction, relationships and development focus areas.

Love Your Gifts introduces 16 elevated gifts and guidance on how to clear the way to authentically activate and use those gifts.

Book Review

McCourt's highly accessible self-help guide focuses on finding one's less recognized, elevated gifts beyond "the box" into which society has placed so many of our authentic selves. Though the audience is for those attempting to grow in their workplace skills, leadership, or assessment, McCourt's advice extends beyond the corporate world. Her unique approach urges us to recognize the humanity of employees and leaders both; she argues that when all our gifts are at last recognized and activated—revealing us as messengers, "edgewalkers," transmitters, storytellers, and more—we "truly make a difference with our teams, business, leadership, and effectiveness." McCourt's personality shines through as an expert in professional growth and as an advocate for healthy people becoming great employees and leaders.

McCourt's hope for her readers to become the best versions of themselves shines through these pages. McCourt herself has done the work she suggests to her readers, and she draws persuasively on her knowledge and experience, acknowledging that change takes time and that putting in the work today makes a difference later in overall satisfaction. Her takeaways are highly practical, as she debunks myths and advises readers to partake in original practices and quizzes—and recommends some outside material, too—to help grasp her insights and better know themselves.

McCourt offers many ideas as opportunities to begin or continue in finding and embracing one's gifts, including mediation, chakra work, coaching, mentorship, and personality testing. Her focus throughout is on the revelation of the authentic self and routes to discover it, an individualized process that can encompass some familiar visualization and mindfulness practices and other mainstays of the genre, such as understanding and facing the beliefs that limit us, as well as McCourt's own fresh insights and ideas. Her enthusiasm and thoughtful "Make the Shift" advice distinguishes this guide, in which her commitment to helping readers change their lives powers every page.

Takeaway: This guide to discovering and embracing one's authentic gifts argues that being true to yourself can make you a better leader and colleague.

Great for fans of: Karissa Thracker's *The Art of Authenticity*, Dana V. Adams's *Live Your Gift*

Production grades

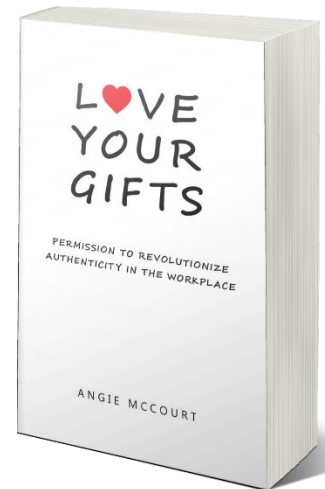
Cover: **B-**

Design and typography: **A**

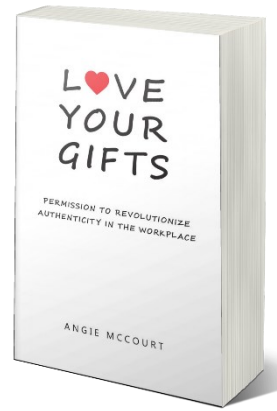
Illustrations: **N/A**

Editing: **A-**

Marketing copy: **A**



Target Audience



WHO SHOULD READ

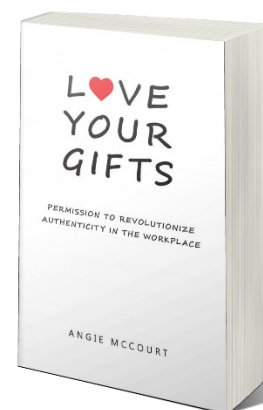
- those ready for change
- anyone tired of overwhelm
- business leaders, owners + entrepreneurs
- those needing to break out of the box
- who work for a company
- feel held back in the workplace
- human resources professionals

BOOK BENEFITS

- happier self + workplace
- learn what holds us back
- reduce limitations
- authenticity is the new norm
- identify + activate elevated gifts
- inner work for transformation



Book Excerpt



Chapter 4: How We Cling to Identity

Who Are We in the Workplace?

Who we are can vary from home to work and everything in between. How we show up in the workplace brings a sense of identity to us and sometimes becomes a BIG part of our identity. We may be rock stars, high performers, overachievers, hard workers, or solid teammates. We may also be ambitious, approachable, articulate, calm, cheerful, dependable, intelligent, clever, autonomous, confident, collaborative, efficient, diligent, flexible, open-minded, opinionated, resourceful, controlling, persuasive, arrogant, bossy, defensive, confrontational, self-centered, cynical, thoughtless, inconsiderate, trustworthy, dishonest, vague, unpredictable, unreliable, and on and on. Of course, most of the negative characteristics above we don't typically accept about ourselves.

Interestingly, our perception of who we are in the workplace can actually be different than what others perceive of us. Our personal brand can change as we evolve, and perceptions of us can change as we do or say—or don't do or say—certain things in the work environment. Being authentic in the workplace brings forth an ease to flow and allows you to be yourself. There is a ton of energy spent trying to keep up an act or to figure out how others want you to be in order for them to accept you. Perceptions are what and how we see something and then maybe believe it, and they can be filled with assumptions versus facts.

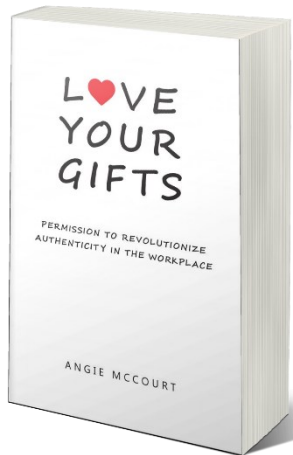
I've seen people struggle so much with how they think they need to show up in the workplace that they end up becoming a tangled mess. They may even show up to one person or group differently than another. Most of the time this is due to perceived expectations of others and alignment to their brand. Every team inside of a company has its own collective personality, so those outside of the team feel pressure to approach it in a way that mirrors or matches that personality. What ends up happening is the individuals they may be working with don't feel they are being authentic or genuine and may not trust them. Now their perceived brand is marked or labeled. I could write an entire chapter on labels, but will not dive too deep. You can see the impact of labels sprinkled throughout this book.

The most important thing you can take away from this book is that showing up authentically can be one of the biggest impacts you can make on your business and others, and it is a key to happiness in the workplace. Giving permission to others to do so through showing up every day in this way is a gift. Overcoming limiting beliefs and narrow perspectives of yourself first allows you to be true to yourself. Your identity then becomes you—all in—versus someone else you

Interview Questions

- 1 Why is authenticity so important in the workplace?
- 2 What are some of the limitations that hold us back?
- 3 Why do you think there is so much comparison?
- 4 How do you define being in the box?
- 5 How can leaders make long lasting changes?
- 6 How does breaking through limitations help a business?
- 7 How can leaders build trust with their teams?
- 8 Why does the energy of a workplace matter?
- 9 How can we make shifts to outdated models?
- 10 How has Covid helped/hurt authenticity in the workplace?
- 11 How can individuals bring about a change?
- 12 Why should we focus on the limitations so much?
- 13 Does showing up our authentic self lead to happiness?
- 14 What is your story behind the book?
- 15 Why do we need a revolution in the workplace?
- 16 Do you have any personal examples of burnout?
- 17 What are some of the elevated gifts?
- 18 How do these elevated gifts impact a business/company?
- 19 What needs to change in the work environment?
- 20 Why is personal power important to confidence?

STORY IDEAS FOR REPORTERS:



- 1. Negative Self-talk:** How do I change my negative self-talk to positive? How does my inner critic self-sabotage me?
- 2. Burnout danger:** How can we reduce burnout before it's too late?
- 3. Telling your story:** I don't know how to tell my story, what should I focus on? How do I not sound and look like everyone else?
- 4. Limiting beliefs:** What should I name my product so that it sells?
- 5. Expectations:** How can I shift my expectations of my boss and company?
- 6. Energy blocks:** How do we bring our energy blocks to the workplace? How do they effect our team, customers and business?
- 7. Job role clarity:** How can I ask my manager to help me clarify my job role? What is my job role in this new environment? (remote working, acquisition, cost cutting)
- 8. Trapped in the box:** How can we escape the box and show up authentically?
- 9. Comparison spiral:** How do I break the comparison spiral? Why does comparison hold us back more then help us?
- 10. Leadership responsibility:** What is empowerment and how can it be given? How to build trust within a team and top down?
- 11. Confidence in self:** Who am I? What are some techniques to hold true to my values and integrity?
- 12. Personal power:** How do I take back my personal power and keep it?

DOWNLOADABLE PHOTOS

I appreciate requests for photographs for press use. Email and let me know where you post your article so I can link to it.

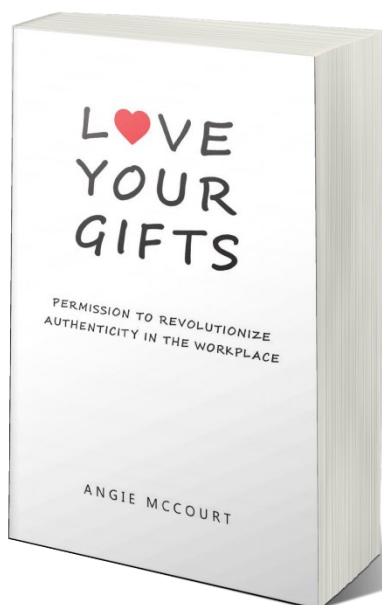
-Thank you.



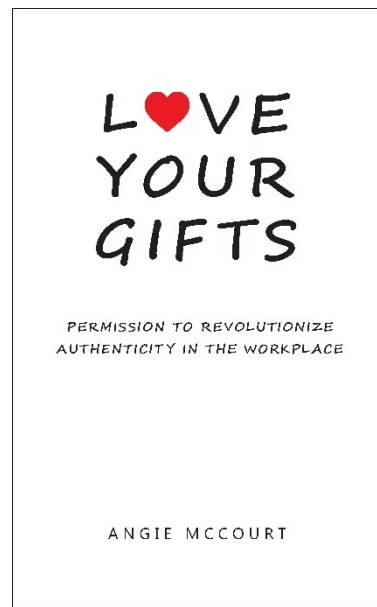
[Download High Res Jpeg](#)
[Download Low Res Jpeg](#)



[Download High Res Jpeg](#)
[Download Low Res Jpeg](#)



[Download High Res Jpeg](#)
[Download Low Res Jpeg](#)



[Download High Res Jpeg](#)
[Download Low Res Jpeg](#)



Connect with **Angie McCourt**

Email: angie@angiemccourt.com

Phone: 813-523-7143

Website: angiemccourt.com

LinkedIn: [@angiebeltzmccourt](#)

Instagram: [@love_your_gifts](#)

Instagram: [@angie_mccourt](#)

Industry Recognition:

- TD Synnex VP of the Year 2017 & 2014, Director of the Year 2009, Manager of the Year 2005
- CRN (Channel Reseller News) - Women of the Channel Power 100 2011, 2018
- Tampa Bay Business Journal (TBBJ) 2018 25 People to Watch
- Girls Inc. of Pinellas Girls Champion 2017
- STEMConnector - 100 Corporate Women in STEM 2017
- CRN Channel Chief 2015, 2017
- Tampa Bay Tech's Technology Leader of the Year 2014
- Tampa Bay Business Journal (TBBJ) - Business Woman of the Year Technology 2014

Other Business Credentials:

- Bachelor of Science – Florida State University
- Yale School of Management Women's Leadership Program
- Certified Prosci Change Practitioner
- ICAgile ICPENT certification