



THE
RESTORATION
PROJECT

LEADERSHIP COACHING &
DEVELOPMENT
BY BROOKE FITZGERALD

MEDIA KIT

Meet Brooke

PERSONAL COACHING · TEAM DEVELOPMENT ·
SPEAKING

At The Restoration Project, we help individuals, teams, and organizations close the gap between the leader they are and the one they're capable of being.

Brooke Fitzgerald leads this work with a direct, grounded approach rooted in one belief: leadership isn't what you know. It's what you practice.

Every engagement is designed to move people from insight to action, building the daily habits and courageous behaviors that create real, lasting change.

Our engagements range from 1:1 personal coaching to team workshops, keynote speaking, Empowerment Community experiences, and retreats.



Brooke speaking at the 2024 Iowa Brewers Guild Conference.



SPEAKING TOPICS

- ✓ **From Imposter to Intentional** — Building confidence and clarity in your leadership.
- ✓ **Rooted Self-Awareness** — Knowing how you show up and what it creates.
- ✓ **The Power of No** — Courageous boundaries for intentional leaders.
- ✓ **Courageous Conversations** — Say the thing. Change the dynamic.
- ✓ **The Path to Enough** — Leading from sufficiency, not scarcity.
- ✓ **Restorative Connection** — Empowering teams through trust and communication.

AS SEEN IN

The Found Podcast:
May 2026

THE FOUND PODCAST:
JUNE 2025

Leadership Unplugged Podcast

BE THE MOUNTAIN SERIES

Client Testimonials

Thank you for showing up so fully and authentically. I left the luncheon feeling seen, inspired, and ready to do some internal work I've been avoiding for a while.

Speaking Event Attendee

First and foremost, thank you for your time, energy, and leadership yesterday with us. Your facilitation and conversations with them were so very beneficial and helpful as we continue to move our work forward. Your presence is energetic and provides such an enthusiasm, especially as we kick off the new school year.

Workshop Attendee



WHO WE WORK WITH

Whether you lead a company, a team, a classroom, or just yourself, this work meets you where you are. Brooke works with executives, emerging leaders, small business owners, educators, and teams across industries who are ready to close the gap between the leader they are and the one they want to be.

OUR VISION

We envision workplaces and communities where people are rooted in who they are, courageous in how they lead, and empowered to influence meaningful change.

GET IN TOUCH



www.the-restorationproject.com

[@yourleadershipcoaches](https://www.instagram.com/yourleadershipcoaches)

Whether you host a podcast, lead an organization, or are looking for your next keynote speaker, Brooke would love to connect. Reach out to explore how Brooke at The Restoration Project can serve your audience, your team, or your next event.



Brooke
Fitzgerald

ENERGY BUILDER

Coach | Speaker | Mentor

Brooke loves nature, community, and connection. She shares in life's adventures with her husband and their two boys who reside in Iowa. As the Energy Builder and owner of The Restoration Project, she enjoys working with teams and individuals to feel rooted and connected in their life and leadership journeys.

SIGNATURE TOPICS

- ✓ Rooted Self-Awareness
- ✓ The Path to Enough
- ✓ From Imposter to Intentional
- ✓ The Power of No
- ✓ Courageous Conversations
- ✓ Restorative Connection

“Living and leading from a place rooted and connected to who you are and honoring the one precious life you have with intention and alignment is where peace is restored.”



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the-restorationproject.com | @yourleadershipcoaches
energybuilder@the-restorationproject.com