

Be Bold Coaching & Consulting

Organizational Capabilities Statement

Company Overview

Be Bold Coaching & Consulting is a leadership and wellness coaching firm that empowers mission-driven individuals, professionals, military leaders, and organizations to thrive through change, master emotional intelligence, and lead with unwavering confidence. Founded by MJ Pettigrew, a retired Naval Officer with over two decades of leadership, program management, and coaching expertise; we deliver bold, results-driven strategies that inspire growth, strengthen resilience, and create lasting transformation.

Core Competencies & Services

- Leadership Development & Training – Strategic, results-focused programs for executives, managers, and emerging leaders to elevate influence, sharpen decision-making, and drive measurable impact.
- Organizational Wellness Consulting – Building resilience, emotional intelligence, and trust across teams to boost engagement, reduce burnout, and improve retention.
- Generational Workforce Coaching – Equipping leaders with the tools to connect with, inspire, and retain top Gen Z and Millennial talent.
- Team Alignment & Culture Strategy – Facilitating interactive workshops that strengthen communication, collaboration, and organizational purpose.
- Role-Play & Scenario-Based Leadership – Immersive, real-world practice for confident, adaptive decision-making in high-pressure situations.
- Executive & High-Stakes Role Coaching – Confidential, one-on-one coaching for leaders navigating transitions, promotions, or organizational change with clarity and confidence.

Differentiators

- Military-Grade Leadership Expertise – Led by a retired Naval Officer with over 25 years of operational leadership in high-stakes, complex environments.
- Proprietary B.O.L.D.(T.) Method™ – A proven transformation framework built on Breakthrough, Ownership, Leadership, Direction, and Trust.
- Trauma-Informed, Emotionally Intelligent Approach – Blending human-centered coaching with disciplined, strategic execution.
- Cross-Sector Impact – Demonstrated success across military, healthcare, technology, government, and education sectors.
- High-Impact Delivery – Engaging facilitation that combines strategy, storytelling, and actionable takeaways for immediate results.

Representative Past Performance

- Military Leadership Programs – Designed and delivered targeted leadership development for active-duty and transitioning service members, improving readiness, retention, and post-service career success.
- Healthcare Leadership & Resilience Training – Reduced burnout and turnover through tailored executive coaching and evidence-based team wellness programs.
- Corporate Change Management – Guided organizations through complex restructuring, fostering clarity, alignment, and a culture of trust.

NAICS Codes

- 611430 – Professional & Management Development Training
- 541611 – Administrative Management & General Management Consulting
- 541612 – Human Resources Consulting Services
- 541618 – Other Management Consulting Services
- 611699 – All Other Miscellaneous Schools & Instruction

Contact Information

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Veteran-Owned, Woman-Owned Small Business