



Mary Polanco is the founder and CEO of Live and Lead Well, LLC; a visionary company with the goal of igniting personal growth awareness, insight, and support on a global scale. She is also an author, experienced leadership trainer and consultant, transformational speaker, and curriculum developer. Her expertise in leadership and personal growth is evident by her hands-on approach through individualized workshops, personal one-on-one instruction, and keynote presentations.

Mary served 23 years in the United States Air Force in multiple high-level leadership positions. Her final assignment was as the Senior Enlisted Advisor to the Air Force Resilience Directorate, at Headquarters Air Force, located at the Pentagon in Washington, D.C.

She continues her passion for resilience as a Certified Trainer for the Resilience Building Leadership Program and as an Emotional Intelligence Assessment Coach. Mary draws from her two decades of experience leading multicultural teams, as well as her personal experiences through adversity, to share her message of prioritizing self-health, well-being, and resilience. She has helped countless people through her authentic, compassionate approach and continues her dedication to serving others through her outreach on multiple online forums.

Credentials

M.S. Strategic Leadership

EQi 2.0 / EQ 360 Assessment
Certification Program

COURAGEOUS LEADERSHIP
ALLIANCE
Empathetic Leadership Instructor

RESILIENCE BUILDING LEADERSHIP
PROGRAM: Adjunct Trainer

Expertise

Leadership Development

Emotional Intelligence

Wellbeing and Resilience

Personal Development

Contact

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