

The Art of You, LLC
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Areas of Expertise

- Leadership
- Senior Management
- Operations and Strategic Planning
- Training & Facilitation
- Coaching
- Change Management
- Performance Improvement
- Team Building

Testimonials

- A strong leader with exceptional organizational abilities, she is a great team builder, thorough staffer and creative thinker. Her ability to analyze her mission, organize her division, train and mentor her subordinates, and work with other directorates on the Army Staff are unsurpassed.

Lieutenant General, US Army

- Denise Hargon is an agile thinker, meticulous planner, and a superb leader. **Battalion Commander, US Army**

- Sharp, incisive analyses; sought after for advice and insight; handles tough assignments; these are her constant hallmarks. She gets these tough jobs because she handles them with confidence and élan. **Vice Admiral, US Navy**

Bio

Recently retired with honors from a challenging and demanding career in the U.S Army, Denise Hargon now brings that same energetic focus and goal-orientation to the clients of her life and professional coaching company, The Art of You, LLC. She sees her transition to coaching as a natural extension of her 24 years experience leading, coaching and mentoring soldiers.

Denise is renowned for her superior service in all endeavors as evidenced by her achievement of the rank of Lieutenant Colonel in the competitive and achievement-minded military hierarchy. She faces challenges head on, with the outlook that all challenges can be met despite obstacles in our paths. A strong leader, a critical thinker and an expert planner, Denise excelled in particularly tough, demanding and high-profile positions, including serving in an Infantry Division in Korea, as well as sought-after assignments at the Pentagon and North Atlantic Treaty Organization (NATO) headquarters. She was frequently hand-selected for these duties over other qualified officers due to her ability to excel under pressure and produce quality results. Additionally, she received the exceptional honor of being selected as a member of the first NATO diplomatic delegation to Afghanistan, meeting with top government officials attempting to restore order to a war-torn region.

Denise has a talent for quickly assessing the needs of an organization or an individual and then developing an action plan to meet the unique situation. She is quick to adapt to new and different challenges such as working in a multinational environment where she was the only female officer on an international military staff. Recognized as an expert in her field, over 25 international officers of all ranks sought her out for mentoring and coaching to improve their performance and knowledge base. She is an engaging and strategic leader who thrives in taking broad conceptual ideas and breaking them down into logical and achievable steps. Denise has extensive experience in training groups and is an experienced public speaker. Most recently she gained notice of foreign military dignitaries for her high level of professionalism. These qualities along with her strong operational management background set her apart from many in the coaching field.

Denise's unique approach to employee management and team development always produces exceptional results. She develops and nurtures high performing teams, imparting a lasting and positive impact on all. She is a member of the International Coach Federation and the Georgia Coach Association. Denise trained at Coach U and is currently pursuing an advanced coaching program. She may be contacted at (770) 475-0090 or email at mdhargon@hotmail.com.