

# LORCA SMETANA - WOMEN'S EXECUTIVE COACHING

---

***There is a difference between resilient  
and enduring.***

You are successful, intelligent, motivated, and capable. And...you are depleted, overextended, self-doubting, and expecting to handle things yourself. The successful women you see around you are in one of two places – they are spending years toughing it out, wearing masks, and feeling increasingly fragile inside. Or they are designing for long-lasting resilience, feeling beautifully resourced and increasingly whole. Their external circumstances may be the same. But their lives will feel very different.



***Resilient people exhibit natural leadership at lower personal cost***

Resilient self-leadership is felt beautifully, in streamlined thinking and in expansive communication skills that minimize the delay of difficult decisions and conversations. In a nutshell, I help you feel clear, then stronger, then safe, then connected and creative. In all this work, we decrease fragility under stress, and add grace in strength.

**I am pleased to provide a limited number of engagements for Executive Coaching. Please inquire below for availability.**



406-581-1522



[www.lorcasmetana.com](http://www.lorcasmetana.com)



[lorca@lorcasmetana.com](mailto:lorca@lorcasmetana.com)



<https://www.linkedin.com/in/lorca-smetana>

---

## ABOUT LORCA

---

Lorca Smetana is a wayfinder -- the creative partner of aspirational resilient leaders, helping them design for new levels of energy, innovation, compassion, and recovery. A survivor of the 1986 school mountaineering tragedy on Mt. Hood, Lorca has been teaching and learning for over thirty years about risk, personal sustainability, recovery from tragedy, and joy. She holds an MA in diplomacy and is on the faculty in Human Leadership Development at Montana State University. A TEDx and keynote speaker, a celebrant, a writer, and a regenerative farmer, she has helped leaders better understand what it is to be a vibrantly resilient ecosystem.

---

# TESTIMONIALS

“

My goal for working with Lorca as my coach was to sharpen my focus and validate my decision to leave my 20+ year software development career.

She didn't do this. Instead, she guided me away from my "just get 'er done" instincts and compartmentalized goal setting, towards a calm and unfamiliar place. A place where I could notice and feel, and release the underlying anxieties I tried to hide, even from myself. A place where I could stop pleasing others at my expense and start living an authentic, creative, and well integrated life. Lorca gave me what I never knew to ask for and couldn't see I needed. I am grateful."

**Amy Andrews**  
— Angel Investor,  
Former Oracle Executive

“

The power of this process is that as I understand resilience more fully in myself, I am able to see how these ideas can benefit others in my personal and work life and in our community,

As I develop, feel, and embody resilience practices, I share this with others with words and by example. In this way, there is a ripple effect of this work, that spreads naturally and effortlessly outward, like the waters of a pristine alpine lake."

**- Dr. Melissa Smith**  
-- International Women's Health  
Advocate

“



Lorca Smetana is a thoughtful, insightful, and patient facilitator of resilience training. She listens very carefully and asks the right questions to stimulate participants' thinking about their own stories, identity, and path."

**Alison Harmon** -- Interim Vice President  
of Research & Economic Development,  
Montana State University

“

What a gift it was to work with you. I doubt that I would be here in Indonesia if it were not for your timely nudging and encouragement at a time

when I was stuck and feeling overwhelmed. You helped me find the warrior within and also be gentler with myself. It was very telling when my boss told me in mid-July, "You are sparkling, Nina. You seem really happy!" I was happy because I was liberated from my daily stress and instead was dictating the terms of my work and more importantly, I was excited about the grand adventure on the horizon for my family! Our time together helped make my mental transitions that laid the groundwork for the change possible."

**Nina Jaeger**  
— Director of Major Gifts,  
Yellowstone Park Foundation

“

Lorca is a master of improv with a toolkit as generative as the Mary Poppins purse. In working together/with Lorca, I connected to play, compassion and a more hopeful, generous attitude towards the tendrils of my life and work.

To be in the driver's seat of one's life seems like such a serious endeavour, it is, but I experienced with Lorca that is is also a lot of fun."

**Madaleine Sorkin** -- Leading Big Wall  
Free Climber, Founder of the Climbing  
Grief Fund

“

"Dare I say it, Lorca Smetana is one of the few women who I knew would be just fine during the pandemic. She's built her career working with a variety

of clients (including Amanda and me!) on resilience training -- deep, hard work that touches all facets of everyday life. And she practices what she preaches, running a farm along the Gallatin with her family. The world would be in a better spot if there were more Lorcas in it!"



**Christina Calabrese**  
— Founder, Sky Oro Women's  
Co-working Space & Community