



INGRID CENTURION

- **Values Leadership**
 - **Corporate Training**
 - **Team Building**
 - **Innovation**

Pilot at 17, Commander, Combat Pilot, LTC, Business Instructor

Ingrid Centurion knows what it takes to win in a male-dominated profession having served twenty-two years in the US Army. She operated in mission-critical environments from the cockpit of multiple aircraft platforms UH-1H (Huey), UH-60 (Blackhawk), RC-12P (Guardrail) to the controls of ground robots and unmanned aircraft systems. Breaking gender barriers, Ingrid is the Worlds first female Company Commander of an all-male Hispanic flight training company at the United States Army Aviation Flight Training Center of Excellence. She flew missions worldwide and is used to working in fast-moving dynamic environments where real-time actionable intelligence is the key to decisions that can generate catastrophic results. She faced challenges in combat, technology and business. Technology changes, customers' needs evolve and if you don't adapt quickly your company and products are at risk. Ingrid has her own TV Show called Inspiring Careers which is an interview style format on business, entrepreneurial inspirations & challenges.



Featured In



Boston

Individuals and teams who achieve at the highest levels have one thing in common: they go to the edge of boundaries. They accomplish as much as possible and do it to a standard of excellence.

Speaking Topics

Confidence from your Inner Core

This riveting message provides clear insight into the possibilities of your own potential, and the action you can take to create a successful future for yourself and your company. Developing the confidence to achieve and establish a mindset of positivity.

Values Based Leadership

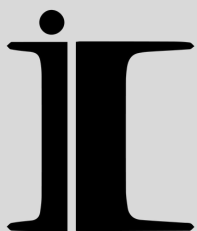
Understanding your personal values, the organizations' values and your people's values are the keys to building a company that last. Build successful teams and a thriving workplace where people love coming to work.

"Ingrid is an amazingly effective speaker, I've heard her in multiple settings, and she always delivers. High energy, laser focused and a powerful personal example of overcoming hardship to achieve extraordinary results. She understands how to leverage innovative technologies to attain business growth and is the best I have seen at sharing her knowledge with others. A superb team-builder, Ingrid is instant value-added to any organization."

**Carter F. Ham General, US Army Retired
President & CEO, Association of the United States Army**

"Ingrid was the keynote speaker at Hacker Halted one of the largest computer hacking conference in the world. She has a vast amount of intelligence experience and security and her keynote was rated one of the best. She has been requested year after year."

**Gregory Carpenter, PHD
The Mackenzie Institute**



Soaring to the Top

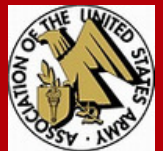
Ingrid will leave your group with the inspiration to put into action the principles of self-leadership. She is a great trainer and motivator who can inspire others to achieve.

Past Clients & Testimonials

"Ingrid is a thought leader, innovative, technical. Her topics are relevant and applicable! I highly recommend her to any organization."

Hacker | Halted

"Ingrid is out of this world, fun, creative, engaging. She challenged everyone in the audience. We can't wait for her to come back every year."



NORTHROP GRUMMAN



VETRN

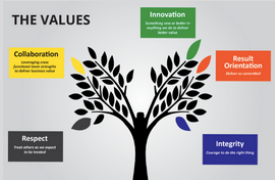


@IngridCenturio3

CENTURION PROGRAMS

(Keynote presentation length 45- 75 minutes. Also available half day, full day workshops and by Webinar.)

Values Based Leadership Workshop



Learn how to use personal values to motivate and inspire yourself and others to make better decisions that are simultaneously good for yourselves and your organizations goals. This workshop will improve your organizations performance and improve personal satisfaction in the workplace. Understanding your own personal values in the context of work is vital in building great teams. After these workshops, you will gain clarity in your purpose and have a tool to help you make better decisions and be a better manager and communicator.

Learning Objectives:

- What specifically is a personal value?
- Are there good ones and bad ones?
- Which values are more or less important to you at different times?
- What do your values mean to you and how do they influence your thinking, emotions and decisions?
- How to do a values analysis of any work situation in 10-30 seconds?

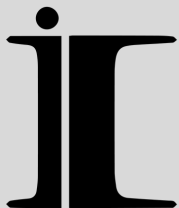
Centurion Team Building - Greatness



Are you an average organization or are you a great organization? Being a team player is crucial in the business world. Team building fun exercises to motivate and inspire your organization to communicate, collaborate, innovate and solve problems. In this fast paced, dynamic and extremely fun session, speaker and leadership expert, Ingrid Centurion covers 5 ways to build cohesion, communications and vision for your organization.

Learning Objectives:

- Assess your relationships in the workplace?
- Assess your teams and team working abilities?
- Have fun while solving problems?
- What is adaptive leadership?
- Learn about yourself and what areas the each personal individual needs to work on?



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