

CAPABILITY STATEMENT

Lifelong Development, founded in 2016, is a personal and business consulting agency. From coaching and strategic planning to representing and consulting business owners during software migration and interfacing, the company helps individuals and organizations develop leadership and management intelligence to make better decisions, lead more effectively and produce impactful results.



WHO WE ARE

Karen Atilas, Lifelong Development CEO, is a retired Air Force veteran with nearly 30 years' experience in leadership, effective communication, change management, resilience training, and team building. The breadth of her leadership experience, coupled with being an international speaker and ICF certified coach, gives her and her team the ability to consult organizations through unknown and challenging times to move toward positive plans and results.

Jesus Atilas joined Lifelong Development in 2022 after working 10+ years in the US Army, 8 years of government federal service, and time with global IT companies, with 10+ years specializing in business operations, analytics, performance/process improvement, IT project and program management.

CORE COMPETENCIES

Organizational Development and Performance

- Project Management
- Strategic Planning
- Business DNA (Mission, Vision, and Purpose)
- Coaching (Leadership/Business) for Individuals and Teams
- Change Management
- Process and Continuous Improvement
- Individual and Team Assessments

Organizational Training

- Resource Stewardship
- Leadership
- Negotiation
- Critical Thinking
- Diversity, Equity & Inclusion (DEI)
- Resilience-Building Leadership Professional (RBLP) Training and Certification
- Team Building
- Interpersonal Communication
- DISC Personality Training
- Conflict Management
- Cultural Awareness
- Live2Lead Leadership Seminar

IT Consulting Services

- Customer Advocate IT Implementations & Migrations
- Application Interoperability & Enhancements
- Application Streamline Utilization

NAICS

541611 541618
541612 611430
541614

CAGE Code

8F3T2

DUNS

048289381

SBA WOSB

Woman Owned Small Business

SBA

Certified Small Disadvantaged Business



CLIENTS



Semiconductor Research Corporation

