Our actionable trainings provide tools to **Increase Engagement, Innovation, and Productivity**:

### SUCCESS UNDER STRESS

- Focus on clear priorities all day
- Have 30% more energy at 5pm
- Get back to sleep in 3 min. when awaken at 2 am
- Lift up from tactics for strategic/innovative thinking
- Get 1 hour/day more uninterrupted time to think
- Be present at home and at work
- Stay calm - not react (to keep decisions fact-based)

### RESILIENCE DURING CHANGE

- Stay motivated, positive, and calm despite fear of uncertain future
- Adapt quickly and upskill; Lead oneself and others through change
- Display an opportunity-seeking, “Growth” mindset; Deliver value during Change
- Re-energize innovation and passion for the work

### RESULTS

“Engaging, invigorating and a truly fresh look at common challenges Our team gave rave reviews on how her material helped our execution in immediate and practical ways. And the effects have lasted. Her energy is contagious. Most highly recommended.”

- Nora Cashion, Director of Market Research, Merck

“Your real-world advice showed me how to be an even more effective leader of our organization.”

- Mike Kochenour, Chairman & CEO, York Traditions Bank

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**AUDIENCES:**
- Teams; leadership off-sites; women’s networks/ERGs; sales teams

**FORMATS:**
- Live training; Webinars; E-learning

Contact us TODAY:

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