



RENOVATIO
LEARNING & DEVELOPMENT, LLC



INDIVIDUAL COACHING

Unlock Your Full Potential with One-on-One Coaching

Are you ready to elevate your personal and professional life to new heights? I would be honored to help guide you every step of the way through personalized coaching sessions tailored to your unique needs and goals.

What I offer:

- **Connection to Self:** Choose the True Colors or DISC Assessment (or both) to lay the groundwork for our sessions. Understanding ourselves is the foundation to understanding others and the world around us.
- **Personalized Coaching:** Receive one-on-one guidance from a career human resources professional dedicated to helping you achieve success.
- **Goal Setting:** Define clear and achievable short-term and long-term goals with my support and guidance.
- **Communication Strategies:** Enhance your skills and capabilities to excel personally and professionally.
- **Entry & Mid-Level Leadership:** Leadership development isn't just for the highest level of the organization. Whether you're a new supervisor, mid-level manager, a parent, or something in between, leadership strategies can be learned, and your confidence will soar.
- **Accountability:** Stay on track with regular check-ins and accountability measures.



True Colors is an easily understood assessment rooted in temperament typology and suitable for people of all ages. Outcomes include improved communication, strengthening of teams and work units, and navigating conflict, to name a few. With True Colors, we open the door to understanding the behaviors and motivations of others relative to our own style, which mitigates conflict and fosters positive relationships.



The DISC Assessment is a simple, practical, easy to remember and universally applicable model that describes individual behavioral preferences and tendencies. It focuses on individual patterns of external, observable behaviors and measures the intensity of characteristics using scales of directness and openness for each of the four styles: Dominance, Influence, Steadiness, and Conscientious.

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**Contact me for details and a
free consultation!**