



PulseBridge

Management Momentum Series

*Strengthening the leadership backbone of your
team, one manager at a time*



Contact Us



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The Overview

The **Management Momentum Series** is a tailored leadership coaching and development program for new and emerging managers. Whether someone is recently promoted, entering a new organization, or ready to advance in their current role, this experience is tailored to their unique needs and goals.

Each participant begins with an **EQ-i 2.0 Emotional Intelligence Assessment and Certified Debrief**, ensuring the foundation of their growth is rooted in deep self-awareness. Every session blends practical tools, leadership coaching, and real-world leadership strategies to accelerate momentum and deliver tangible results.

Who It's For

- First-time managers promoted from within
- Experienced managers new to the organization
- Seasoned managers seeking new tools and insights
- Organizations looking to invest in talent, retention, and leadership capacity

Tailored by Design

This isn't off-the-shelf training. Each program begins with a strategic discussion with organizational leadership (e.g., Director or Executive) to identify key development goals. Based on that conversation, a tailored session plan is created from a menu of 20+ high-impact leadership topics.

Choose from:

- **5-Session Sprint** – \$1,250
- **10-Session Series** – \$2,400

What's Included

- 45-minute goal-setting session with Leadership Group
- EQ-i 2.0 Assessment + Debrief (Emotional Intelligence Assessment and Action Plan)
- 60-minute private 1-on-1 virtual sessions
- Personalized session plan based on team/role needs
- Certified EQ-i 2.0 Assessment and Debrief
- Manager Toolkit: AI Starter Pack, Feedback Templates, Weekly Action Plans, Resilience Tools, and more
- Certificate of Completion



Management Momentum Series

Topics You Can Choose From

Leading Through Values (Mandatory w EQ-i 2.0)

Lead with authenticity and purpose. Align actions with core values to build trust and clarity.

Managing Up

Strengthen relationships with supervisors. Communicate proactively and manage expectations.

Presentation Skills for Leaders

Speak with confidence and presence. Tailor your message to engage and influence.

Empathy & Accountability

Support people while driving results. Balance compassion with clear standards and feedback.

Cross-Generational Leadership

Unite diverse workstyles. Adapt your approach to foster mutual respect and collaboration.

Change Management & Communication

Lead through uncertainty. Communicate transitions clearly and keep teams engaged.

AI Tools for Managers

Simplify your workflow. Use ChatGPT, Copilot, and automation tools to save time daily.

Microsoft 365 for Efficiency

Do more with what you already have. Use Teams, Outlook, OneNote, and Planner strategically.

Professional Wellness & Resilience

Protect your energy. Set boundaries, manage time, and avoid burnout.

Psychological Safety & Leadership Identity

Build trust-based teams. Foster open dialogue and define your authentic leadership brand.

Navigating Difficult Conversations

Handle tough talks with confidence. Stay composed and communicate with care and clarity.

Delegation & Time Management

Work smarter. Free up capacity by assigning well and managing time intentionally.

Building High-Performing Teams

Align around shared goals. Drive collaboration, trust, and clear roles.

Coaching Your Team for Growth

Lead as a coach. Use everyday moments to support development and learning.

EDIA in Leadership

Model inclusive leadership. Create equitable environments and challenge bias.

Operational Thinking

Lead with strategy and insight. Use data and process thinking to make informed decisions.

Leading Through Crisis

Stay steady in tough times. Lead with focus, calm, and clarity under pressure.

Influencing Without Authority

Move ideas forward. Build alliances and lead change, even without formal power.

Leading Remote & Hybrid Teams

Keep teams connected. Foster communication and trust across locations.

Hiring Manager 101

Hire with confidence. Structure interviews and select the right fit for your team.