

## CORE VALUES

- Empowerment – We equip leaders with the tools and confidence to drive change.
- Integrity – We lead with honesty, transparency, and ethical decision-making.
- Growth – We foster continuous learning and development for lasting impact.

## GUIDING PRINCIPLES

- Personal Accountability: We own our actions, decisions, and impact, upholding the highest standards of responsibility.
- Continuous Improvement: We commit to lifelong learning, constantly refining our skills and leadership abilities.
- Purpose-Driven Leadership: We lead with intention, aligning our actions with core values to create meaningful impact.
- Follow-Up & Accountability: We establish clear systems to track progress, provide feedback, and drive lasting growth.



U & ME  
CONSULTING LLC.

## WHY CHOOSE US?



### Continuous Coaching for

**Lasting Impact:** We provide ongoing support beyond the initial training, adapting our coaching to your evolving needs for sustainable growth and transferable skills.



### Ownership of Measurable

**Results:** Our commitment doesn't stop at training; we partner with you to ensure real, accountable progress and take responsibility for the outcomes you achieve. **We only get full payment if goals are met!**

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# U & ME CONSULTING

*Upward and Maximum Effectiveness*



Elevate Leadership.

Maximize Impact.

Drive Excellence.

## MAXIMIZE AND ELEVATE MENU



### Leadership Development & Executive Coaching

- Emotional intelligence (EQ) assessments and training for leaders
- Executive coaching focused on self-awareness, empathy, and decision-making
- Conflict resolution and difficult conversation coaching
- Leading high-performing teams with emotional intelligence



### Team Performance & Dynamics Development

- Building trust and psychological safety within teams
- Effective communication and active listening skills
- Team dynamics assessments (MBTI, DiSC)
- Enhancing collaboration across departments and remote teams

## MAXIMIZE AND ELEVATE MENU



### Organizational Culture & Change Management

- EQ-driven change management strategies
- Strengthening workplace culture through emotional intelligence
- Training for inclusive leadership and DEI (Diversity, Equity, Inclusion)
- Managing stress, resilience, and emotional well-being



### Emotional Intelligence Training for Employees

- Developing self-awareness and self-regulation
- Enhancing empathy and social skills in the workplace
- Managing workplace stress and emotions effectively
- Adapting to change and fostering resilience



### Talent Development & Retention Strategies

- Employee engagement and motivation strategies
- Building emotionally intelligent hiring and onboarding processes

## OUR APPROACH

1. Align & Strategize : We deeply understand your goals, challenges, and vision, then develop a customized strategy for leadership growth and impact.
2. Activate & Execute : Through hands-on coaching and real-time feedback, we guide you in implementing the plan with accountability and support.
3. Achieve & Sustain: We track progress, refine strategies as needed, and ensure long-term success by embedding lasting leadership habits.

