



Coaching

- Leadership Coaching
- Executive Coaching
- Imposter Syndrome Leadership Coaching
- Positive Forward Motion in the FAST Lane Life and Work Coaching

Courses and Programs

- Positive Forward Motion Mindset Personal Development Online Course
- Foundations in Leadership and Management
- Leadership and Team Development

Workshops

- Emotional Intelligence for Teams
- The Emotionally Intelligent and Effective Leader
- Mindset, Mindfulness, and the Emotional Energy of Life and Work
- Mindset, Mindfulness, and The Energy of your Leadership
- The Working Genius - Team Strengths, Gaps, and Opportunities
- What's your TYPE? MBTI training for individuals, leaders, and teams