

Positive Forward Motion

Lesley Calvin MA CPC PCC & Coach | Facilitator | Speaker

THE MOST IMPORTANT THING WE MANAGE IS OUR ENERGY

Our energy is our currency; our emotional and behavioural self-management is our brand, personally and professionally.

To know ourselves and to hold up a mirror to our strengths, competencies, blind-spots, and triggers, as leaders of ourselves, and in the lives of others, is an investment in our professional development and the organizations we serve.

Learning a framework to manage and foster healthy and positive Emotional Intelligence in the FAST Lane© is a key and defining element of our individual and collective success, and is highly worth the investment of our time, energy, and resources.

Prioritizing the holistic growth and development of ourselves and our people, through coaching, workshops or on-line courses, increases the ROI of your precious training and development dollars.

As a Certified eSpeaker, I am looking forward to the opportunity to create a learning opportunity for you and your folks to move in Positive Forward Motion in this new era of life, leadership, and your workplace!

Lesley Calvin

1:1 Coaching

- Leadership Coaching
- Executive Coaching
- Transition Coaching
- Restorative Coaching
- Personal/Life Coaching
- Positive Forward Motion in the FAST Lane©
- Transformation Coaching

Masterminds

- Emotionally Effective Leadership
- The Energy of your Life and Leadership
- Women in Leadership
- Emerging Leaders
- Positive Forward Motion in the FAST Lane©

Workshops

The Energy of your:

- Leadership & Life
- Team/Organizational Culture

Emotional Intelligence

- The Emotionally Effective Leader
- Intro to EI for Teams/Organizations

Highly Effective Teams - Overcoming

The 5 Dysfunctions of a Team

- For Leaders of Teams
- For Intact Teams

Online Courses

- The Positive Forward Motion© Mindset
- Introduction to Emotional Intelligence
- The Emotionally Intelligent and Effective Leader
- The Energy of your Life, Leadership & Workplace

On Demand Webinars

The Energy of your:

- Leadership & Life
- Team/Organizational Culture

Emotional Intelligence for:

- Leaders
- Individuals & the Workplace

Highly Effective Teams - Overcoming

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Assessments

Emotional Intelligence

- Individual/Workplace
- Leadership/360

The Energy Leadership Index

- Individual/Workplace
- Leadership/360

Myers-Briggs MBTI

- Individual/Workplace
- Leadership

The 5 Dysfunctions of a Team

- For Leaders of Team
- For Intact Teams

Positive Forward Motion, Inc
Lesley Calvin MA CPC PCC
Life, Leadership & Organizational Culture Specialist
Coach | Facilitator | Speaker



I work with leaders, teams & organizations with real emotions to help them positively navigate the FAST Lane© of work & life.

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