



An Overview



Check out our overview video at:
www.alift.com

Does This Sound Familiar?

We've always had a strong culture, but now we're struggling. People are overwhelmed and exhausted. We have too much on our plates, causing us to lose irreplaceable talent, which, in turn, creates a vicious cycle. We must find a new path.

We're in the middle of a major change: our company is being acquired and now a major hurricane is scheduled to hit one of our main distribution hubs. How much more uncertainty can we handle?!

I'm worried that our leaders are expecting that this will soon be over and things will "return to normal." That's not going to happen. We need to find a way to help our people get through this.

We're drowning. We've been in a tsunami for what feels like forever-- this long-term change is taking its toll on everyone. Talented staff, who have invested years in their jobs, no longer want to continue working. We are losing them even though we have a broad recovery program to support them. This is not sustainable! We need a strong, resilient team to support our region. Our future as a company depends on it.

We've been doing well through most of this turmoil, but I'm suddenly noticing that some of our most productive workers are becoming burnt out. How can I help them? I think I may even be on the edge of burnout. How can I help myself and keep up this pace?

... we need help!



Why You Need *alift*:

Learning how to thrive through change has become a **strategic imperative** for you and your organization. In these times of rapid change and disruption— and those times that will surely follow— leaders and their organizations need to become more agile, more empowered, and even more resilient. *alift* is an uplifting, sustainable service to help you do just that.

alift, a human-driven approach to leading through change, gives leaders access to *alift*'s team of experts, personal coach, a leadership roadmap, navigation log, a daily motivational email subscription, and an ever-expanding resource library with digital content for just-in-time support.

alift works in remote, hybrid, or in-person settings, and seamlessly integrates into the work the leader is already doing. This allows leaders to keep one eye on “the work” and the other eye on lifting their teams up so all can navigate and thrive through change.

What You Get:

1:1 Coaching: High-impact leadership coaching, 45-60 minute monthly meetings for individual leaders with one of the *alift* coaches. With advice given from these credentialed coaches, the meetings focus on addressing each leader's unique challenges, goals, and team issues.

***alift* Resource Guides:** These *alift* team members are available for shorter meetings to help leaders adapt the *alift* content and approach to meet their teams' unique needs. This helps leaders think outside the box, collaborate with colleagues, and implement the *alift* more efficiently and effectively.

Leaders' Guides and Reinforcements: Developed from over three decades of experience, print, audio and multimedia Leaders' Guides and Reinforcements provide a roadmap to help leaders gain confidence in their ability to lead through change, increasing engagement and connection as all learn how to ride the waves of change.

***alift* Navigation Log:** This helps leaders track their progress, reflect on the content from different perspectives, and summarize key insights and learnings.

The Daily Lift: An uplifting, supportive, and meditative daily email reminder to give individuals a gentle boost to create a better day.

Access to An Ever-Evolving Library: Ever-growing and full of multimedia resources, our expansive content library helps leaders bridge gaps, reinforce major concepts, dig deeper into an issue, and address leadership challenges related to navigating and thriving through change.

alift Feedback:

alift has helped me keep my focus on building a high-performing team that can navigate this change and build a better future for our company.

*I love the monthly meetings! They focus on how **I'm** doing. They help me take care of **myself** so I am better able to take care of others.*

I love the two-minute videos that I can use in our team meetings to stimulate conversations or reinforce alift principles.


The Daily Lifts keep me going! Some days, when I'm feeling down, the Daily Lift says just what I need to hear to keep up my energy.

alift helps me be less afraid and more hopeful. My sense of humor is returning, and I'm finding ways to take better care of myself. Now I remember to put on my oxygen mask first, so I can then take care of others.

Even though I have had to stand-up a new team remotely, I am amazed at how connected and engaged our team is and by the results we are achieving. The alift approach has played a major part in our success. Thank you, alift team!

How the *alift* Process Works:

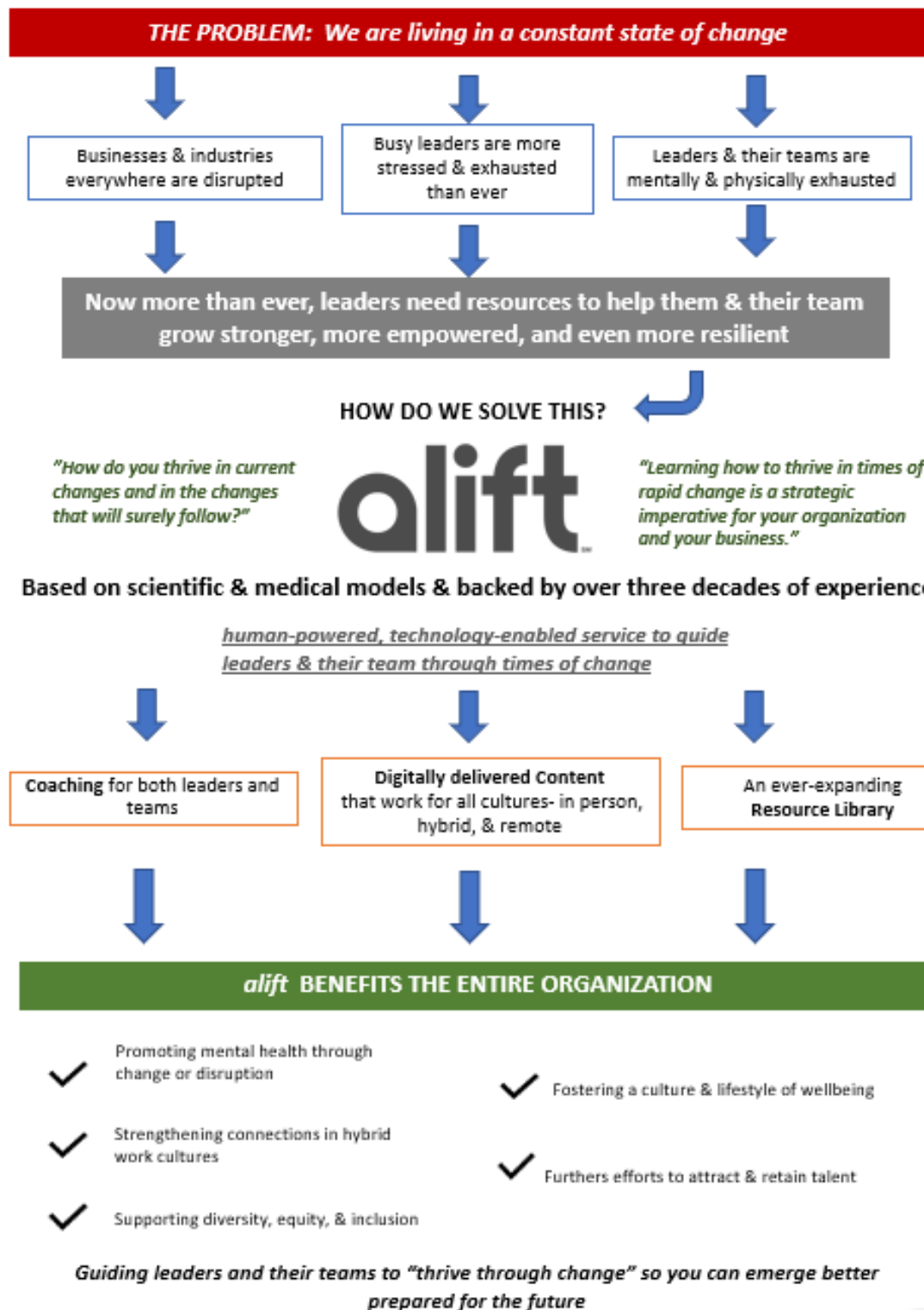
- **Set-Up**
- **Orientation & Kickoff**
- **Monthly 1:1 Coach Meetings Instituted**
- ***alift* Resource Guides Assigned**
- **Leadership Roadmap, Navigational Logs, Daily Lifts, & Resource Library Deployed**
- **Successes & New Behaviors Rewarded**
- **Ongoing Evaluation**
- **Next Level Roll-out**

 *alift is here and ready to help!*

How *alift* Benefits the Entire Organization:

- Builds leaders' confidence in their ability to lead teams through change in order to build a better future
- Strengthens connections and engagement in remote, hybrid, or in-person work cultures
- Promotes mental health and helps reduce stress, moving people through fear to hope
- Supports diversity, equity, and inclusion
- Builds muscle memory and rewards behaviors that demonstrate the *alift* principles
- Encourages fun, productivity, and innovation
- Fosters a culture and lifestyle of well-being
- Helps retain and attract talent
- **Develops stronger, more resilient leaders who are better prepared to thrive through change**

alift at a Glance





Need a boost? Reach out to us at
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www.alift.com