



"A Communication Consulting & Personal Development Company"

Personal Development

Keynotes | Coaching | Workshops

The greatest investment that we could ever make in our lifetime is undoubtedly toward personal development. Many people think personal development is only about improving skills and less favorable personality traits. However, it's also about learning who you are and who you want to become while maximizing your strengths. It's about embarking on a holistic journey to unveil and pursue the things you want most out of life while learning to appreciate the ups and the downs of your past.

As a communications and personal development company, our aim is to assist individuals and organizations with creating a blueprint for future success by leveraging where they are now based on previous, good and bad, decisions. Everyone desires more out of life even if it's merely learning how to be happy with who they are or having the mindset to overcome unfortunate tragedy. In our studies and work with clients of diverse backgrounds, we've learned that two of the most prevalent challenges for individuals is knowing, understanding, and actively loving themselves and having clear direction. The lack of self-awareness can significantly reduce a person's ability to set goals, have a sense of purpose, maintain satisfying relationships, and perform effectively in the workplace. Our mission is to address this issue one person at a time while acknowledging their individual goals to improve in areas that are most valuable to them.

We believe that strategies for personal development are the keys to building unwavering confidence, improving performance at work, enhancing communication skills and relationships, and giving people renewed hope in themselves and others.

- *The Process of Purpose: Keys to Personal Development*
- *Communication Strategies | Team Building*
- *Public Speaking Best Practices | On-camera & Media Coaching*
- *Overcoming Rejection, Adversary, and Mistakes*
- *Building Self-Esteem and Assertiveness*
- *Conflict Resolution | How to Handle Difficult People*
- *Creating a Culture of Confidence*
- *Building Purposeful & Successful Relationships*
- *Transforming Weaknesses to Strengths*
- *Decision making & Accountability*
- *Vision Planning and Execution*

WHAT IS COACHING?

Coaching involves a collaborative partnership between a certified Coach (C.C.) and an individual or group. Using professional coaching techniques and a series of in-depth questions, it is the coach's responsibility to guide the client along a journey to explore and find the right answers toward their personal and professional goals. The coach helps to identify what's happening in the client's life now and what they want for the future while providing reliable information to ensure measurable results.



~Format~

SETTINGS

Individual | Group

Online | By Phone

Workshops | Seminars

Coaching Packages

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BENEFITS

Self-Awareness

Setting Goals

Accountability Partner

Creating Balance

Greater Resilience

Gain Sense of Direction

Renew Excitement

More Motivation

Every individual and organization is different. Content is customized based on needs