

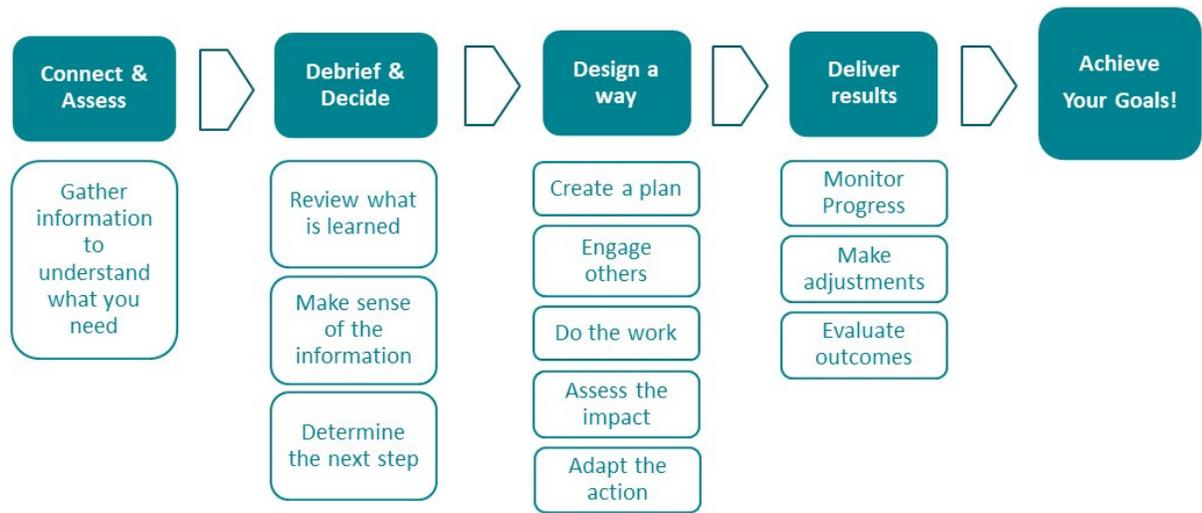
# CATHERINE NORTH CONSULTING

Resilient . High Performing . Leaders & Teams

We help purpose-driven leaders create high performing cultures.

## Consulting

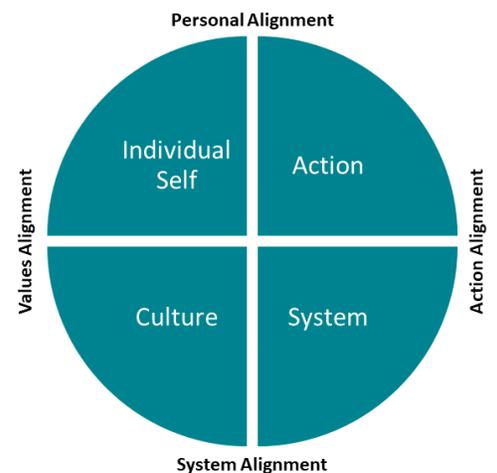
Everything we do helps you align with The National Standard of Canada for Psychological Health & Safety in the Workplace.



## Coaching

High Performance Practices are Psychologically Safe & Healthy Practices.

- Red Cedar Leadership™
- Resilience & Resonance
- Personal Awareness
- Behaviour Change
- Engagement & Improvement



## Facilitating & Training

### Workshops & Webinars

Discover Possibilities  
Have Conversations that Matter  
Uncover Critical Questions  
Create Strategies & Processes  
Cultivate a Healthy Culture



### Accredited Resilience Training

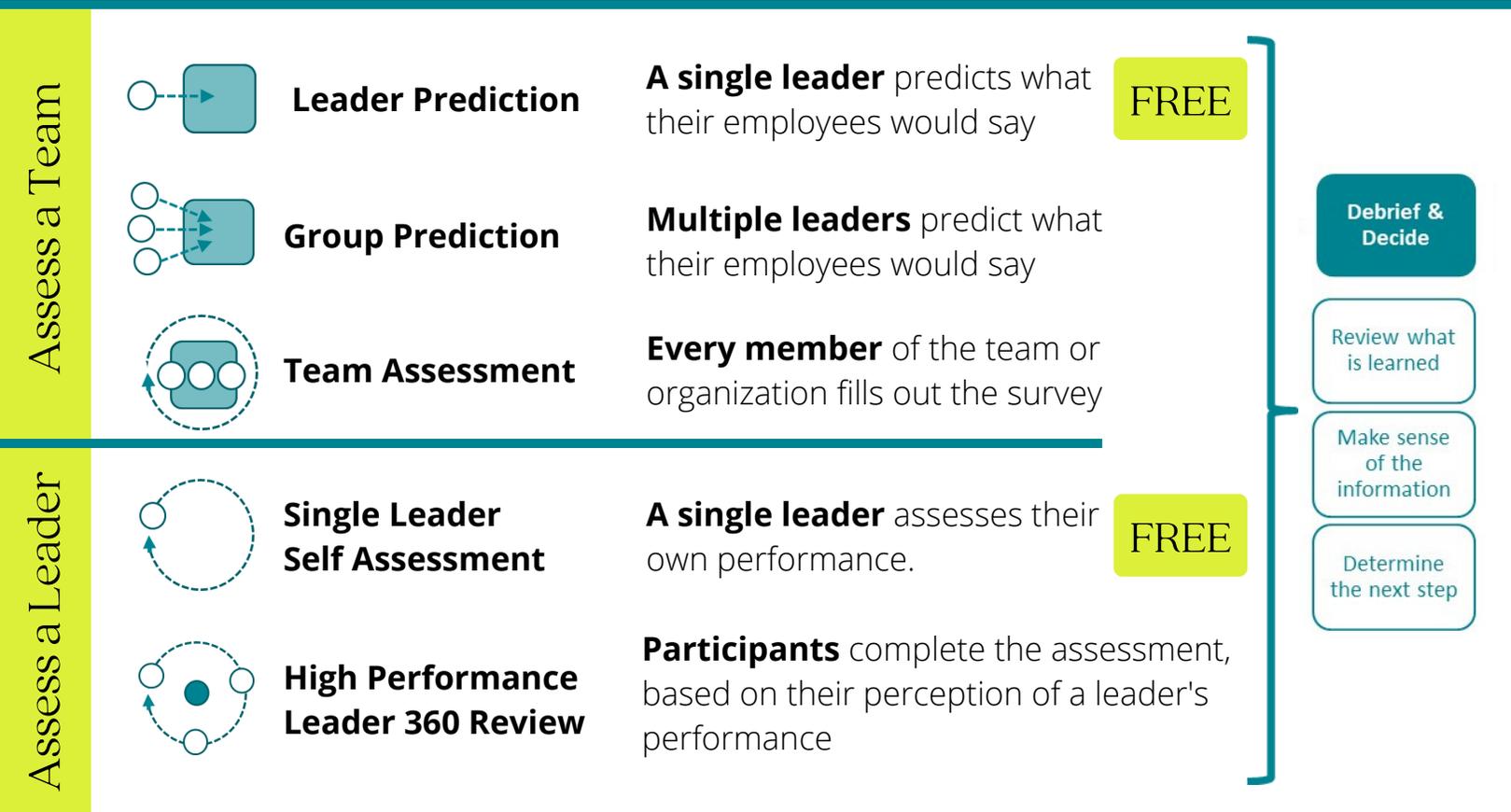
- Increase Self Awareness
- Improve Self Regulation
- Establish a System of Support
- Reframe Challenges
- Manage Self-Talk
- Change neuropathways

# A high performance culture starts here!

We use the **High Performance Index™ (HPI) developed by SupportingLines™ Institute.**  
HPI is academically-validated and operationally focused.

The HPI allows us to directly measure **employee engagement, psychological safety, and performance** in a single assessment.

Our experience with SupportingLines™ Institute demonstrates that we can directly impact your **Key Performance Indicators** and improve organizational results.



## Contact Us



Engage your people



To find solutions



And create improvements



That make a difference

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