

CATHERINE NORTH CONSULTING

Resilient . High Performing . Leaders & Teams

We help purpose-driven leaders create high performing cultures.



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



Gather information to understand what you need



Debrief & Decide



Design a way



Deliver results



Achieve Your Goals!

Review what is learned

Make sense of the information

Determine the next step



Engage others

Do the work

Assess the impact

Adapt the action

Monitor Progress

Make adjustments

Evaluate



High Performance
Practices are
Psychologically Safe &
Healthy Practices.



Red Cedar Leadership



Resilience & Resonance



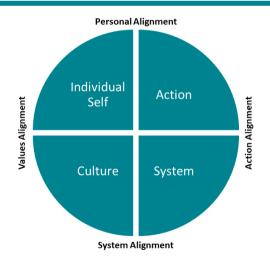
Personal Awareness



Behaviour Change



Engagement & Improvement





Workshops & Webinars

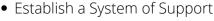
Discover Possibilities
Have Conversations that Matter
Uncover Critical Questions
Create Strategies & Processes
Cultivate a Healthy Culture

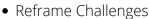


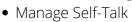
Accredited Resilience Training















A high performance culture starts here!

We use the **High Performance Index**TM **(HPI) developed by SupportingLines**TM **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.



Leader Prediction

A single leader predicts what their employees would say

FREE



Group Prediction

Multiple leaders predict what their employees would say



Team Assessment

Every member of the team or organization fills out the survey



Debrief &

Decide

of the

information

Determine the next step



Single Leader
Self Assessment

A single leader assesses their own performance.





High Performance Leader 360 Review **Participants** complete the assessment, based on their perception of a leader's performance

Contact Us



Engage your people



To find solutions



And create improvements



That make a difference

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