



## Coaching

Harness Human  
Potential.  
Inspire Possibility and  
Performance!

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To what extent are you  
LIVING YOUR VALUES?

How do the  
organization's goals and  
PRIORITIES ALIGN with  
your own?

How do you MANAGE  
YOURSELF and cultivate  
CARING CONNECTIONS  
with others?

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Boss Whispering  
Action Research Process  
10 Qualitative interviews  
Summary Report  
Employer Support  
1:1 Confidential Coaching

Contact us for a  
consultation

Coaching is a thought-provoking and creative process that inspires the coachee to maximize their personal and professional potential.

Reflect on your personal values and patterns of thought and action. Be curious about the impact you have on yourself and those around you. Challenge your assumptions.

**Identify brave actions that elevate experiences and outcomes.**

## Red Cedar Leadership™

Practice life-giving leadership:

- Bring out the best in others
- Relate to others with courage, integrity, and authenticity
- Focus on whole-systems improvement, productivity and well-being
- Provide authentic leadership that inspires collaboration & accountability



Be a **Red Cedar Leader™**. Cultivate growth, alignment and collaboration to support psychological health and safety in the workplace.

## Resilience

Develop personal self-awareness and self-management skills:

- Identify and understand personal stressors
- Understand the source of emotions
- Build awareness of current state
- Practice calming skills
- Practice self-advocacy
- Cultivate close, caring connections
- Manage thinking and reframe challenges



**Did you know?**

The skills of Resilience and Emotional Intelligence are essential skills for Effective Leadership!

## Abrasive Behaviour

**Boss Whispering**

- A proven action research process to help leaders end their abrasive behaviour.
- Highly specialized and effective

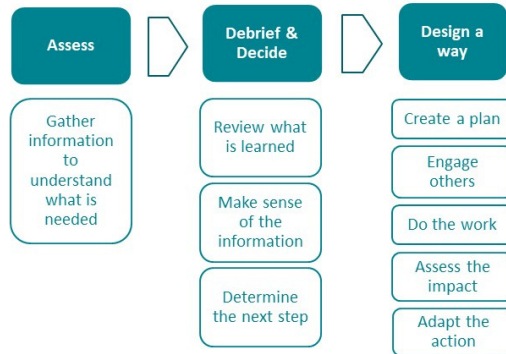
**Notice results by the third coaching session.**

Boss Whispering is appropriate if:

- You have an extremely valuable leader whose behaviour is perceived as abrasive.
- Their conduct is disruptive and you're receiving complaints.
- Something needs to change!

## Engage Your People

We are experts at engaging others.



We work with you to design and deliver sessions that facilitate clarity and **courageous conversation.**

When we engage others effectively, we are more likely to unravel complex and complicated challenges and identify a **clear path of action.**



Find solutions



Identify Priorities



Gain Clarity



Share Ideas



Make Connections



Learn & Feel Inspired

## Workshops & Webinars

Choose from our list of ready-made presentations, or we can design a presentation specifically for your needs.

The most effective and engaging experiences begin with a critical question:  
*What do you want to achieve?*

Let's discuss the options that will work for you.

Red Cedar Leadership™  
Resilience  
Overcoming Obstacles  
Communicating with Curiosity  
Courageous Conversations  
Aligning Self & Action  
The Stories We Tell  
Transforming with Resonance  
ReThink, ReFrame, ReNew

## Accredited Resilience Training

27 ICF Continuing Education Credits  
7 Core Competency Credits + 20 Resource Development Credits

## Training

Price: \$799\*

\*Canadian grant money covers up to 60%.  
Ask us for details.

### The Resilient Mind™ Resilience Training Program



- 7 weekly 1.5 hr online group sessions
- 10 weeks of e-learning support
- Micro-learning activities that encourage personal reflection, self-discovery, and action-learning



- 3 mentoring sessions
- 1 year subscription to the TRM online app to gain awareness, practice skills, access support, and track progress.



A light-hearted and safe space where it's OK to be vulnerable, honest, emotional, playful, and imperfect.

*This program is appropriate for individuals who are ready to make a personal change, and need a system of support to do it.*