

Signature SOLUTIONS

EQ WISDOM™ PROGRAM

featuring THE EQ-i 2.0 ASSESSMENT



EMOTIONAL
INTELLIGENCE

Choose this program if you/your team need to develop:

- higher levels of confidence
- compelling communication skills
- increased relational competencies
- successful conflict resolution strategies
- strong decision-making/problem solving skills
- effective ways to work under pressure
- constructive approaches to manage emotions
- the flexibility to adapt to change
- concepts that inspire, motivate and engage others
- empathy, optimism and trust-building qualities



Learn what it takes to navigate the complexities of life and work successfully

INSPIRED ENGAGEMENT™ PROGRAM

featuring THE PEAK PERFORMANCE ASSESSMENT



PEAK PERFORMANCE

Choose this program if you/your team need to develop:

- powerful personal leadership strengths
- meaningful alignment with your mission & vision
- a thirst for innovation and continuous progress
- better productivity skills
- higher accountability levels
- effective goal-setting strategies
- strong execution skills
- a mindset of achieving excellence
- a strong sense of purpose and passion
- concepts to inspire, motivate and engage others
- resilience, courage and commitment



Learn what's required for you to do your best work

EXECUTIVE WELLNESS PROGRAM

featuring THE EXECUTIVE WELLNESS PROFILE



WELLBEING

Choose this program if you need to develop:

- a clear understanding of the types of stress executives face
- accountability and responsibility towards your wellbeing
- the motivation to take charge of your wellbeing
- an appreciation for the body, mind & spirit connection
- a strategic action plan targeting specific wellness goals
- impactful ways of increasing all levels of your wellbeing
- lasting commitment towards your wellness plan
- better work/life balance
- more stamina & resilience for increased performance
- effective time-management skills for more free time
- increased levels of harmony, happiness and fulfillment



Learn to manage your stress so that it doesn't manage you

For more information and prices regarding our coaching programs please contact us at:

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