

TOPICS:

GROUP & TEAM COACHING

Workgroups are customized group or team sessions that have the added benefit of building connections and accountability with participants while providing opportunities to practice newly developed skills. Each workgroup can be customized over 6, 8, 10, or 12 weeks (90 minutes weekly) with 8-10 participants. Each session includes 3 components: (1) insight—educational information; (2) inspiration—dialogue and discussion to share stories, examples, and experiences; and (3) implementation—activity designed to develop a particular skill. Coaching offers a deeper dive and a supportive environment that encourages growth and accountability. All workgroups are developed with scientific research from psychology, neuroscience, and human development as a means of disseminating an educational focus.

LEADERSHIP LAB



LEADERSHIP LAB

The Leadership Lab explores the 5 exemplary practices of leaders: (1) Model the Way; (2) Inspire a Shared Vision; (3) Challenge the Process; (4) Enable Others; and (5) Encourage the Heart. The Lab incorporates specific activities and tools to enhance motivation, accountability, and communication. Managing conversations, giving feedback, and delegating are key components of The Leadership Lab.



SPARK: PERFORMANCE, CREATIVITY, AND INNOVATION

Spark is a group that incorporates the critical components of peak performance to increase flow, purpose, and insight. Participants will learn how to manage their creativity and tap into that energy to uplift their mood, spark ideas, and fuel their motivation.



CHILL-OUT

Chill-Out is the practical application of Emotional Intelligence. Participants will understand the value of their emotions, learn to manage anxiety and anger in a productive manner, and learn ways to maintain composure when others push their buttons. Key components include dealing with difficult people, being assertive, and setting boundaries to overcome negativity.

TEAM DEVELOPMENT



TEAM DEVELOPMENT

Team Development coaching is geared specifically toward teams that need to enhance their cohesiveness and performance by aligning their actions. The group will work toward understanding key roles within the team, identified goals and outcomes, daily interactions, effective communication, and how to bridge connections. The focus of the group is setting a clear direction, building commitment, and strengthening trust.

TOPICS: SPECIALTY PROGRAMS



LEVERAGE: STRENGTHS DEVELOPMENT

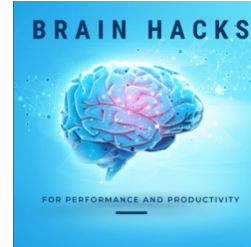
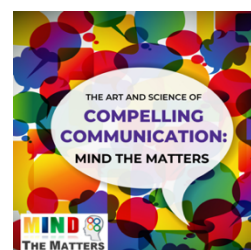
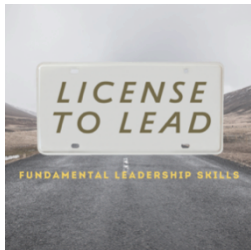
Leverage offers a unique approach and outcome based on the simple notion that a person’s talents do more than make him or her unique. Our talents represent our innate power and potential. When we tap into this source, we are more efficient, confident, and productive. Leverage has two main components: (1) Assessment—a personalized report that cracks open participants’ unique talents; and (2) Workshop—a 2.5-hour program that guides them through their strengths individually and collectively as a team. Leverage can also integrate individual strengths debriefing sessions.



SOAR: CORPORATE PLANNING

Most people have heard of a SWOT Analysis. The problem with this paradigm is its focus on weaknesses, often shutting down ongoing discussion and preventing effective problem-solving. SOAR is a strengths-based model (**S**trengths, **O**pportunities, **A**spirations, and **R**esults) that keeps the discussion lively and focused. Weaknesses are not overlooked but integrated throughout. This specialty program is a full-day retreat; it can be combined or substituted with a Core-Values Retreat or a Mission/Vision Planning Session.

TRAINING AND COACHING TOPICS: Ask for more information!



Robin Lavitch—nicknamed “The People Whisperer” by her clients—is the owner of Surpass Your Goals, a coaching practice focused on four key areas: Business Development, Executive Growth, Life Transitions, and Teen Advancement (The B.E.L.T. Model). She is a certified professional coach with a master’s degree in psychology, and she is currently pursuing her doctorate in human behavior. Her background as a speaker, professor, counselor, and executive, combined with her strengths and experience, create powerful outcomes. Her philosophy integrates positive psychology and best practices of business development to enhance your performance, change behavioral patterns, and harness the power of your mind to live with happiness and prosperity.

