



AN APPLIED POSITIVE PSYCHOLOGY & COACHING PSYCHOLOGY PROGRAM FOR YOU (ADULT) OR YOUR BUSINESS

CHOOSE EITHER OF:

- ▶ **A BESPOKE EXECUTIVE COACHING WORKSHOP;**
- ▶ **A BESPOKE SPEAKING ENGAGEMENT; OR**
- ▶ **A 6-SESSION PACKAGE OF ONE-ON-ONE EXECUTIVE COACHING SESSIONS FOR YOU OR ONE OF YOUR TEAM**

CHOOSE FROM A WIDE VARIETY OF CURRENT & RELEVANT TOPICS BASED ON SCIENTIFIC APPLIED POSITIVE PSYCHOLOGY & COACHING PSYCHOLOGY RESEARCH, INTERVENTIONS & FRAMEWORKS SUCH AS:

- ▶ **USE OF STRENGTHS (INDIVIDUALS AND/OR TEAMS)**
- ▶ **LEADERSHIP**
- ▶ **TEAMWORK**
- ▶ **WORK-LIFE BALANCE**
- ▶ **COMPETITIVENESS**
- ▶ **ADHD IN THE WORKPLACE**
- ▶ **HARNESSING COMPETITIVENESS**

AMONG NUMEROUS OTHERS...AND TAILORED YOU OR YOUR ORGANIZATION'S UNIQUE NEEDS

DETAILS OF PACKAGE OPTIONS

BESPOKE EXECUTIVE COACHING WORKSHOP includes:

- ▶ 1-2 HOUR Meeting to finalize content and subject matter appropriate and tailored to the Client
- ▶ Half-Day Program (In-Person* or Zoom as Requested) [*Client bears the cost of travel if outside of Central Ohio]
- ▶ \$2,000 Value

BESPOKE SPEAKING ENGAGEMENT includes:

- ▶ 1-2 HOUR Meeting to finalize content and subject matter appropriate and tailored to the Client
- ▶ 1-2 HOUR Presentation (In-Person* or Zoom as Requested) [*Client bears the cost of travel if outside of Central Ohio]
- ▶ \$2,000 Value

PACKAGE OF ONE-ON-ONE EXECUTIVE COACHING SESSIONS includes:

- ▶ Initial Chemistry Session to consider intended Goals, Outcomes, Objectives, etc. for the individual
- ▶ 6 x 45 mins/1 hour Coaching Sessions (In-Person* or Zoom as Requested) [*Client bears the cost of travel if outside of Central Ohio]
- ▶ \$1,500 Value



*Scan the QR code for a link to find out more about Our Best Practices and our Programs, as well as downloadable PDFs

www.ourbestpractices.com