



## Menu of Products & Services

### All-Company Retreat: *(can also be departments - min of 10 people)*

Powerful, interactive, engaging and transformative retreat. Results in engaged, aligned, team-based and empowered professional staff ready to work towards the company mission and vision.

Can be held as a one day retreat, two half days or as desired. On-site or off-site (usually preferred)

### Ongoing Training and Workshops:

Interactive onsite workshops for the entire team based on specific identified topics. Topics include but are not limited to: organizational alignment, work/life balance, rewards & challenges, strengths and goals, innovation team training.

1-3 hours depending on what is needed.

### C-Suite (Leadership Team/Manager's) Services:

- **CEO Individual Service:**

Coaching and support for the CEO in order to provide a deep-dive opportunity to address the core human issues and group dynamics that are preventing your team from achieving breakthrough performance. Results in improved organization alignment, clarity of focus, direction and conviction of intention.

60 minute sessions done on a regular or as needed basis.

- **Accountability Follow-ups**

Guided meetings with your leadership team to ensure the momentum and lessons are supported, maintained and continued in your company's growth.

60 minute sessions done on a regular or as needed basis.

- **C-Suite (Leadership Team/Managers) Retreat**

Off-site, overnight retreat where you can recharge as well as work through any obstacles so that you can re-engage, realign and refocus your company upon your return. From massages to brain food to brain science and mindfulness to make sure you are set to take charge on your mission.

Half days/full days as needed