



Personal & Organizational

Enhancement Courses

Coach Your Own Stress Out (1 Hour, Group or Individual)

This 1-hr seminar, originally designed for a fortune 500 Leadership Program, provides an innovative approach to conquering personal and professional stress through creative and proactive measures.

Teen Transcendence (1 Hour, Group or Individual, 10 Modules)

The Teen Transcendence program was created to enhance and refine skills that will help your teen excel in high school, college, and the real world. Sessions include Leadership, Time Management, Communication, College Survival, Stress Management, Financial Planning, and Critical Thinking.

Mastering Office Dynamics (2 Hours, Group)

This Course Offers groups the opportunity to examine the factors that make employees disgruntled, that serve as roadblocks to communication, and that deter focus from daily objectives. More importantly, we'll offer solutions to fix them.

Perfecting your Interview Skills (1 Hour, Group or Individual)

The ultimate 1-hr crash course that prepares you to dominate the competition in your next big interview! Includes communication skills, cover letters and resume tips, as well as a filmed mock-interview.

Discover a Better Work Environment (2 Hours, Group)

Your group will take a thorough, inside look at creating a healthy and safe work environment that values fairness, equality, ideas and feedback. The program includes suggestions for improving morale and having more fun!

Maximal ME Coaching Programs* Combine the latest innovations of Leadership, Communication, and Team Building to offer programs that improve individual and organizations through the power of change. All courses can easily be tailored to your organization's culture and/or mission statement. For questions, or to see course agendas, please contact me to discuss your current training goals.

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