

Helping Professionals Advance Their Careers, Change Their Careers
and Be Happier and Wildly Successful In Their Careers.



Coaching & Consulting LLC

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Current Training Menu

BE CAREER HAPPY: Your Guide to Cultivating Happiness in Your Professional Life and Beyond This interactive program guides you on discovering your career purpose, cultivating a confident presence and the practice of career happiness habits. When you authentically share your gifts with the world it sets you up to attract new and exciting career opportunities. **One hour highlight program or one hour interactive conference keynote program—designed for boosting personal and professional happiness and success.**

GOAL CRUSHING PRODUCTIVITY If you want to increase productivity, then this program is designed for you and your team. Explore success strategies for realizing goals, prioritizing objectives, organizing your day and eliminating time wasters. Ignite motivation and achieve big goals with proven strategies for goal crushing productivity. **Two hour program or one hour interactive keynote program for conferences.**

CAREER EXCELLENCE This interactive program inspires professionals to take ownership of their careers while embracing the importance of reputation management, goal attainment, personal accountability, resilience and contributing to a more joy-filled, sustainable and productive culture. This workshop is designed to foster good working relationships, increase engagement and build career success while aligning personal career aspirations with team and organizational objectives. **This is a half-day workshop—three hours—and is an integral part of the Career Excellence Consulting program.**

CAREER-BOOSTING CONFERENCE STRATEGIES A conference provides a unique and engaging forum for connecting with others, capturing learning moments and cultivating career-boosting opportunities. In this 45-minute program, you'll discover tips for effectively and authentically deploying strategies to make the most of your conference experience. **Approximately one hour keynote presentation specifically designed to help conference goers gain the most from their conference experience.**