

REDEFINE & ALIGN COACHING

A fast, efficient way for professionals to uplevel their physiological baseline and create a more expansive energetic set point during times of uncertainty and change. Armed with practical, easy-to-implement skills, leaders walk away with the ability to use change as a catalyst for growth and create a climate of possibility thinking, no matter how uncertain the world gets.

BUSINESS CHALLENGE: Being a leader today means grappling with ongoing uncertainty, rapidly evolving market dynamics and massive workplace shifts. This combination of challenges often leads highly achieving professionals to unconsciously undermine their effectiveness with restrictive beliefs and behaviors, making it harder to optimize results quickly and galvanize their team's energy in times of change.

LIMITATIONS TO TRADITIONAL APPROACHES: Traditional approaches to managing uncertainty often fail to start with the natural, physiological impact of change. This often results in prolonged periods of transition and adjustment, leading to drops in productivity and morale.

OUR UNIQUE SOLUTION: We support leaders in shortening the duration of navigating through uncertainty and strengthening their personal physiological baseline to change by leveraging the insights from our Redefine & Align - Using a Physiology-First Approach™ program in a bespoke, targeted one-on-one coaching process. In four to six 1-hour Zoom sessions over 10 -12 weeks, professionals learn how to use change as a catalyst for growth and create a climate of possibility thinking.

LEARNING OUTCOMES: Leaders who take part in Redefine & Align™ Coaching are able to:

Pinpoint the exact place where they get stuck in the change experience, based on their unique physiological baseline.

Create a bespoke, targeted plan to apply the key skills needed to better navigate the universal phases of change and take advantage of the myriad of opportunities uncertainty presents in less time, with less pain.

THE BOTTOM LINE: Redefine & Align™ Coaching is a fast, efficient way for professionals to uplevel their physiological baseline and create a more expansive energetic set point during times of uncertainty and change. Armed with practical, easy-to-implement skills, leaders walk away with the ability to use change as a catalyst for growth and create a climate of possibility thinking, no matter how uncertain the world gets.