

Professional Retreat

Access Your POWER Life Coaching

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Many employees, managers and leaders have attended multiple training sessions relating to the specific work they do. The intention is to hone and learn new skills, expand job-specific knowledge and grow profit potential.

Access Your POWER Life Coaching offers something different.

We focus on personal development and the self-awareness needed to evaluate and observe the internal thoughts and emotions that lead to our daily choices and decisions. This clarity allows us to more efficiently and productively utilize those external trainings, to better relate to those around us and to create a stronger overall life and work experience.

Is This Retreat Right for Your Employees?

If you identify with one or more of these points, then yes!

- You have amazing, hard-working employees and you want to find a way to give back to them while staying in alignment with what's best for the company. Supporting them in a more holistic way, in mind, body and spirit for the meaningful work they do each day and knowing that this is also important to the health of your organization as a whole.
- You are noticing that employees need tools to manage external and emotional stress more effectively.
- Some of your employees are not getting along. People are either aggressive, feeling bullied, passive-aggressive or extra sensitive and the office drama is impacting productivity.
- Your team or department members are drowning in an ocean of tweets, conference calls, webinars, posts and emails and they are struggling to communicate and connect with both customers and each other in an authentic way.
- You believe that integrity is one of your company's highest values and bringing in a big picture perspective will help re-focus employee engagement and remind them of their own highest values and unique contributions.



More and more attention has been focused on the value of self-awareness development and its impact on company performance.

In the Korn/Ferry Institute's white paper, "A Better Return on Self-Awareness" (Zes and Landis, Aug 2013), the authors write about how their research "shows that public companies with a higher rate of return (ROR) also employ professionals who exhibit higher levels of self-awareness."

Hear What Others Have to Say.....

".....It is two months after the event and I have asked if the participants feel they attack each day and their relationships differently. They continue to admit they do. I have asked their immediate supervisors if they notice a difference in their interactions with the people they work with every day and they say they do...."

—Renee Twerago, CFO Senior Living Residences, LLC



Benefits and Results:

- This retreat is highly interactive. Not only does each individual in the group get to know themselves better, they get to know each other better. They grow in compassion and understanding of who they are now and who they aspire to be moving forward. They become more tolerant of each other's short comings and are more motivated to be of service to the team versus critical and impatient.
- Participants are encouraged to seek meaning in their work and to acknowledge their authentic value as a member of their companies, their families, their communities and beyond. This meaning and acknowledgement of value reinforces the understanding that they are part of something bigger than themselves and that their natural strengths are a contribution in more ways than they realize.
- Most people will walk away from this training feeling rejuvenated, empowered, energized and more peaceful with additional tools to meet the challenges they face professionally, personally and in their every day relationships.

It is recommended that this retreat be held over the course of 1 or 2 days in a relaxed atmosphere free from typical work distractions. Participants are encouraged to wear comfortable clothing, and to simply relax and enjoy the time and space provided. This investment is recommended for up to 20 participants. We intentionally limit the group size to create a trusting atmosphere for open and supportive conversation. This experience will be customized to the unique goals of your group.

BIO: Laurie has been a coach for over 13 years. After many years of leadership training and working as a sales coach, Laurie received life coach training through the schools, Coach Training Alliance (CTA) and the Institute for Life Coach Training (ILCT). She has earned the title Board Certified Coach through the Center for Credentialing and Education. She is a member of the International Coach Federation and is an active member serving on the board of directors for the New England Chapter of ICF. She was nominated for the 2014 Life Coach of the Year Award through ICFNE and earned the 2014 Director's Award for Distinguished Service. Her clients range from high school students to professionals across all careers to CEO's. She has worked with Suffolk University senior management students as they work on their Capstone projects. She also coaches individuals weekly who are experiencing homelessness and has worked in depth with women experiencing domestic violence. She draws on her Master's Degree in Education and Child Development in all of her work as our childhood is the foundation for our patterns and beliefs. She has an international coaching practice in Sagamore Beach, MA where she works with people both in person and via phone.

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