

30 DAY JUMP START:

Get Clear. Create a Workplace Well-Being Acceleration Plan that addresses the real underlying issues before you spend time and money on training.

A common reason training programs fail to create lasting positive impact is that they only scratch the surface of real issues. Create a plan that creates a lasting solution to the problems you need solved.

Workplace Well-Being Plan Benefits:

- In your plan we will prioritize four specific areas in your workplace:
- Environment; Communication; Influence; Impact
- Identify strategies and processes that make sense before implementing training.
- Map out specific solutions, addressing specific problems, so you create lasting positive change in the workplace.

COACHING/TRAINING:

Work with Melissa one on one for competence, clarity, and confidence.

Communication / conflict management coaching creates long-term positive change. You are aware that what you are doing is not working and that finding a solution is possible. You need guidance on navigating conflict in the workplace and at home in ways that build trust, commitment, and accountability for everyone involved.

Communication/Conflict Coaching Benefits:

- Get clear on the outcome you desire.
- Uncover the true conflict that needs to be addressed.
- Confidently align your words, actions, and behavior to your desired outcomes.

GROUP MASTERMIND:

Engaging in confrontation is uncomfortable and often avoided, at all cost.

Mastering difficult conversations, and confidently addressing conflict takes practice. Members enjoy access to Melissa in a safe and affordable group environment. Each meeting includes a foundational topic with practice exercises and the ability to increase your confidence in a supportive setting.

Mastermind Benefits:

- Get access to a national board -certified coach at an affordable rate.
- Gain confidence in a supportive group setting.
- Learn and practice simple strategies and steps for assertively navigating difficult conversations.