

# Power Hour & 90-Minute Quick-Step Services

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*Deployed one to one, face to face, by telephone, Skype or video conferencing*



**30 Min/1 Hour  
Stressbuster or Coach the  
Coach Session**

De-stress, re-focus, repurpose and re-power confidentially, at our offices, your office, by telephone, skype-video conferencing; or hone your coaching skills and improve results around an immediate challenge

**Learn more . . .**

## **60/90 Min Strategy Sessions**

Drive better results around a challenging leadership or communication issues; or optimize speech/presentation skills for maximum impact; or develop improved social media communication!

**Learn more . . .**

# **60/90 Min State of the Art Assessments-Debriefs-Action Plans**

State of the art assessments, debriefs and action plans around: Leadership strengths, team work-team building, career aptitudes, time effectiveness, emotional intelligence, personality & behaviour, resiliency, communication (listening skills), communication (social media) management strengths,

**Learn more . . .**