

WORK WITH US AND ACHIEVE

- An energized workforce
- Improved engagement
- Higher retention rates
- Collaborative teams
- A healthy, thriving culture

OUR MISSION

Your partner in building healthy, engaging, and sustainable workplaces.

OUR VISION

Inspire People to Ignite Impact

CLIENTS AT A GLANCE

Bates College
Prudential Financial
State Farm Insurance
Brockway Smith Co.
Community Credit Union
Health Affiliates Maine
BerryDunn
Geiger
RISE, Inc.
Androscoggin Bank
Good Shepherd Food Bank
Community Concepts, Inc.
DFD Russell Medical Center
Auburn Housing Authority
YWCA of Central Maine

CONTACT INFORMATION

Tisha Bremner, BA, NBC-HWC, C-IAYT
CEO and Owner

Transformational Leadership Trainer
Health and Well-Being Educator
Advisor, Coach, and Consultant

Tisha seeks to bring out the best in people and organizations through developing motivating management, building collaborative teams, and enhancing workplace well-being.

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GAIN IMPACT WITH US

Today's employees are demanding change, and many organizations are experiencing frustration in staying stuck with unhelpful strategies.

Avoid expensive, ineffective programs with a one-size fits all platform.

We will help you develop a culture that delivers superior employee engagement and sustainable business results that:

Decreases turnover and quiet quitting.
Increases commitment from new hires.
Inspires employee loyalty and engagement.
Improves employee health and well-being.

We are well-experienced professionals with younger minds. We bring:

Passion & Commitment
Honesty & Openness
Practical Approach

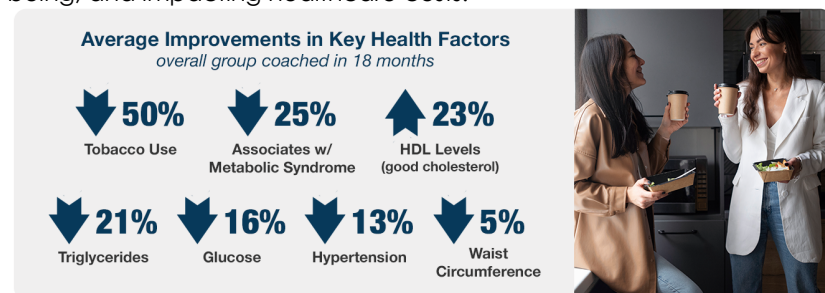
PROFESSIONAL DEVELOPMENT PROGRAM RESULTS

Programs with a track record in improving retention rates, employee engagement, and significantly impacting savings.



HEALTH AND WELL-BEING PROGRAM RESULTS

Programs with a history in improving biometric results, employee well-being, and impacting healthcare costs.



PROGRAM RESULTS



ROI OF COACHING PROGRAMS

Research from the **International Coaching Federation** cites:

- 80% of people who receive coaching report increased self-confidence.
- 90% improve their ability to reach their goals.
- 86% of companies report a full return on their investment.

Harvard Research reports an average **6:1 ROI for every dollar spent** on general employee wellness programs:

FOR EVERY DOLLAR SPENT ON A WELLNESS PROGRAM, THE COST FALLS:



© Insightful Workplace Solutions

RAND Research reports an average **11:1 ROI for every dollar spent** on targeted programs for individuals with high stress. We have experienced the same levels of ROI in our targeted programs.

COMPANY SUMMARY

- Established in 2012
- Woman-Owned Small Business
- Based in Central Maine with a National Footprint
- NAICS: 541612, 621399, 54199

PROGRAM OFFERINGS

Programs and services that help employees thrive at work and in their personal lives: impacting engagement, retention, and performance.

Program Assessments, Planning, and Implementation

- Health and Well-Being
- Mindfulness and Stress Management
- Human-Centered Leadership

Management Development Trainings and Coaching

- The Fundamentals of Human-Centered Leadership
- Explaining from Boss to Coach
- Building Appreciation & Accountability
- Giving Powerful Feedback

Team Development Workshops and Coaching

- The 5-Essentials of Effective Teams
- Building Community Agreements
- Cultivating Collaborative Communication

Employee Health and Well-Being Courses

- Developing Healthy Habits
- Stress and Burnout Management
- Building Resilience and Self-Leadership
- Mindfulness-Based Stress Reduction

Individual Coaching for Employees

- SMART Goal Planning
- Biometric Consultations
- Health Risk Management

Motivational Talks

- Health and Well-Being
- Mindfulness and Stress Management
- Human-Centered Leadership

PROGRAM RATINGS

Our programs are successful in decreasing health risks and increasing participants' likelihood of continuing a healthier path.

The groups rated our work on a 1-5 scale

1 = Highly Dissatisfied | 3 = Neutral | 5 = Highly Satisfied

