

WORK WITH US AND ACHIEVE

- Improved workforce engagement
- Higher employee retention rates
- Effective, collaborative teams
- Transformational leadership competencies

OUR MISSION

To improve the health and sustainability of workplace culture by inspiring people to be their best.

A FEW CLIENTS WE'VE HELPED

Geiger
BerryDunn
Prudential
Bates College
Androscoggin Bank
Community Credit Union
Central Maine Healthcare
Good Shepherd Food Bank
Community Concepts, Inc.
State Farm Insurance, Co.

CONTACT INFORMATION

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

Tisha is an MIT trained professional development consultant and nationally board-certified coach dedicated to the advancement of essential people skills that businesses need for success and sustainability in today's modern landscape.

With over 25 years of experience in healthcare, insurance, higher education, and professional service industries, Tisha helps organizations implement and manage the training and development that improves the stewardship of people, culture, and effectiveness at all levels in a variety of organizations.

Tisha@InsightfulWorkplace.com

PO Box 374
Turner, ME 04282
Cell (207) 754-0931



GAIN IMPACT WITH US

Today's employees are engaged and motivated differently than they were in the past. The organizations who are responsive to this change face fewer frustrations, maintain better workplace relationships, and realize more impactful business results. **WE'RE HERE TO HELP.**

CHOOSE US

We deliver passion, commitment, and a practical approach.

Avoid costly plans with an ineffective approach and sub-par results. We will help you build a culture with superior engagement and transformational leadership competencies, amplifying your overall success.

WE DELIVER EXCEPTIONAL RESULTS

Programs with a track record of improving employee engagement, retention rates, and cost savings significantly better than national firms.

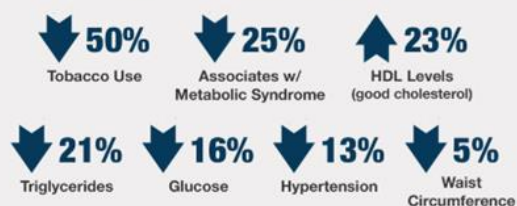


Programs with a history of helping employees change lifestyle habits, improve health outcomes, and actualize substantial cost savings.

Impacting Sustained Behavior Change

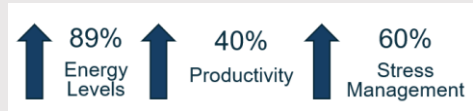
Our education programs and personalized coaching deliver **tangible results.**

Average Improvements in Key Health Factors overall group coached in 18 months



EXCEPTIONAL RESULTS

Our programs improve key measures that have a direct impact on **engagement, performance, and retention.**



THE ROI OF COACHING AND WELLNESS 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 coaching 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 chronic conditions and/or high stress. **Ask us about our Program ROI.**

COMPANY SUMMARY

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

PROGRAM OFFERINGS

Our programs and services help employees thrive professionally and personally, impacting performance, productivity, and results.

Leadership Development Workshops and Professional Coaching

- An array of Transformational Leadership topics
- The Essential Elements of Highly Effective Teams
- The Fundamentals of Engaging and Motivating Leadership

Motivational Talks

- Building Healthy, Thriving Workplace Cultures
- Developing Human-Centered Leadership Capacities
- Managing Stress, Burnout Prevention, and Building Resilience

Well-Being Education Workshops

- Stress Management and Burnout Prevention
- Building Better Resilience and Self-Leadership
- Mindfulness-Based Stress Reduction

Individual Health and Wellness Coaching

- SMART Goal Planning
- Biometric Consultations
- Health Risk Assessments

Employee Health and Well-Being Courses

- Developing Healthy Habits for Optimal Wellness
- Lifestyle Medicine for Improved Health Outcomes

Offering Evidence-Based tools for positive behavior change and organizational results.



PROGRAM RATINGS

Our programs are successful in helping employees improve personally and professionally. Learn more – check out our 5-star Google reviews.

The groups rated our work on a 1-5 scale

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

