



WORK WITH US AND ACHIEVE

- An Engaged Workforce
- Higher Employee Retention
- Cooperative Teams
- Effective Managers
- Transformational Leaders

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.

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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

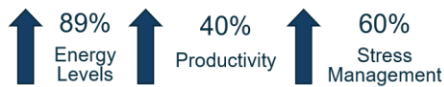
Our education programs and personalized coaching deliver **tangible results.**

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 WORKPLACE COACHING PROGRAMS

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

- **80%** of people who receive coaching **report increased self-confidence.**
- **90%** improve their ability to **reach their goals faster.**
- **86%** of companies report a **full return on their investment**, due to an improvement in productivity.
- **77%** report a **significant impact** on at least one **key business metric.**
- Executive Coaching yields a **788% ROI** on business impact and results.

Deloitte reports regular coaching positively impacts:

- Job Performance
- Workplace Productivity
- Engagement and Retention

Gallup research indicates regular coaching helps businesses:

- Achieve Goals Faster
- Increase Profit Margins
- Improve Leadership Competencies

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.

Our Signature Management Trainings

- Impactful Leadership in the Modern Workplace
- Good to Great: Mastering Management
- Performance Development that Motivates
- Building Cohesive and Collaborative Teams
- Fostering Unconscious Bias Awareness and Cultural Humility

Our Signature Professional Development Workshops

- Clear and Effective Communication
- Enhanced Conflict Resolution
- Leading Change Effectively
- Building Cohesive Teams
- Managing Time & Priorities
- Amplifying Strengths for Success

Stress Management and Well-Being Courses

- Burnout Prevention and Recovery
- Building Better Resilience
- 5-Habits of Healthy, Resilient People
- Mindfulness-Based Stress Reduction
- Mindset Management for Self-Leadership

Individual Coaching for Employees

- Professional Development Plans
- Leadership Style and Best Practices
- Interpersonal Skills and People Effectiveness

Motivational Talks

- Engaging and Igniting the Employee Experience
- Developing a Human-Centered Leadership Culture
- 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 Well-Being Coaching

- SMART Goal Planning
- Biometric Consultations and Health Risk Assessments

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



Coaching Competencies



Habit Formation Science



Motivational Interviewing



Mindfulness Science



Strengths-Based Motivation



Collaborative Communication



Transformational Leadership

PROGRAM RATINGS

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