

UNLOCK THE POTENTIAL OF YOUR TEAM



REWIRE WORKPLACE WELL-BEING
TRANSFORM TEAM PRODUCTIVITY
CREATE A THRIVING CULTURE

Now more than ever, well-being is crucial for the success of any team. Your team is the heart and soul of your organization. When they're stressed out and off their game, so goes their work and the results of your organization.

Based on decades of experience and study in the areas of mindfulness, neuroscience, organizational development and emotional intelligence, we've structured our programs and support to enhance your team's success in these key areas:



Emotional Well-Being | Learn how to manage negative emotions, fears and misconceptions in the workplace for more robust levels of confidence, purpose and productivity.



Leadership Well-Being | Raise your leadership EQ for engaged remote teams, greater buy-in and reduced conflict, creating a culture of trust and inclusivity.



Social Well-Being | Enhance teamwork and collaboration by reducing bias, decreasing stress and elevating peace of mind as you create positive change.

UNLOCK THE POTENTIAL OF YOUR TEAM

Our customized virtual programs include:



Emotional Well-Being Programs

- Create Structures & Routines For Peace Of Mind
- Increase Your Confidence For Greater Success
- Overcome Your Workplace Anxiety
- Purposeful Engagement: Bringing Your Values & Vision To Work
- How To Raise Your Energy & Vitality In Work & Life
- Set Boundaries For Peace Of Mind
- Master Work/Life Balance
- Sustainable Stress Management
- Mindfulness For Managing Stress & Taming Your Inner Critic
- Positive Intelligence To Bring Sage To Your Organizational Culture

UNLOCK THE POTENTIAL OF YOUR TEAM

Our customized virtual programs include:



Leadership Well-Being Programs

- Mindfulness In Leadership
- Facilitating Effective Remote Meeting
- Building A Harmonious Work Environment: Conflict Resolution For Leaders
- Development and Advancement Strategies For Women Leaders
- Building Your Professional Leadership Brand
- Keys To Becoming A Better Leader
- Everything DiSC Workplace
- Everything DiSC Work Of Leaders
- Everything DiSC Agile EQ
- Upgrade Your Influence
- The Compassionate Leader
- Coaching Skills For Today's Leader
- Stepping Into Your Genius Zone | Tools To Enhance Your Team's Productivity
- Strategies For Engagement & Fulfillment
- Self-Mastery For New & Emerging Leaders

UNLOCK THE POTENTIAL OF YOUR TEAM

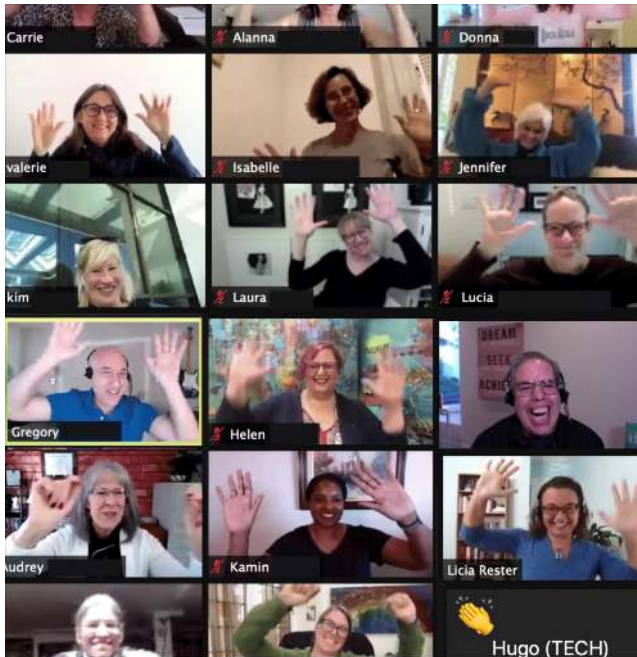
Our customized virtual programs include:



Social Well-Being Programs

- Build & Nurture Relationships For Success
- Self-Care For Community Care
- Racism: A Mental Health Crisis
- The Art Of Asking: Tools For The Reluctant Negotiator
- Allyship vs. Accompliceship
- Colorism
- How To Network Virtually
- My Identity Is My SuperPower
- Fostering Strong Remote Work Teams
- Negotiations For Women: Ask With Confidence

UNLOCK THE POTENTIAL OF YOUR TEAM



Learn How Holistic Well-Being Equals Success.

Our unique methodology combines training, coaching and our proprietary Transformation MP3 recordings, to help your team build new skills that can be applied daily, while providing the necessary tools to develop resiliency, foster a growth mindset, and cultivate a thriving team for lasting results and improved bottom line results.

7 Reasons Why Teams Love Our Programs:

1. Highly engaging and experiential program design
2. Compassionate space for open dialogue and increased understanding
3. Multidisciplinary approach, combining the best of all fields of study
4. Culturally relevant and timely, cutting edge content optimized for today's teams
5. Practical and immediately actionable tools to enable rapid change in real time
6. Meaningful to anyone along the leadership & inclusion journey
7. Highly skilled facilitators you can trust

With Nectar Consulting Your Teams Will Experience:

- Improved overall well-being
- Enhanced sense of team trust
- Increased self-awareness & emotional intelligence
- Stronger ability to empathize with others
- Healthy, collaborative conversations
- Increased tools for managing and lowering stress
- Boosts in morale and motivation
- Greater collaboration across all departments

Learn how Nectar Consulting's Employee Well-Being Programs, Virtual Workshops and Group Coaching can help you and your team achieve your goals.

Contact Michele Molitor | 510-731-8725
Michele@nectarconsulting.com

