



RISE UP FOR YOU

Human Impact.

Organizational Impact.

Global Impact.

Rise Up For You is an educational and motivational company that focuses on enhancing company culture and developing individuals through teaching soft skills, aka human skills.



About

Rise Up For You is an educational and motivational company that focuses on enhancing company culture and people development through teaching soft skills, aka human skills. Through our core principles; educate, inspire, experience, and connect, we are dedicated to fostering sustainable growth among companies and individuals. Our mission is to help serve humanity through focusing on the most essential component; people. We have designed interactive and experiential events, one to one coaching programs, and customized corporate trainings and workshops, with a special focus on the people, emotional, and social skills needed to be successful in today's world.

Through engaging, educational, interactive programming, we support you and your team's individual and organizational well-being and success. We thoughtfully walk you through a complimentary, collaborative approach to navigating a number of challenges correlated to the employee and consumer experience. We will share powerful strategies for enhancing employee engagement, emotional intelligence in the workspace, connected leadership, growth mindset, as well as support you in navigating the unsure waters of diversity and inclusion, generational dynamics and more.

OUR SPECIALTY

No company is the same and each comes with unique challenges and organizational dynamics.



ENHANCE COMPANY CULTURE and EMPLOYEE RETENTION

- The A-Z Employee Experience: How to Avoid Employee Turnover
- How to Acquire Top Talent: Attract, Vet, Retain
- On-Boarding Strategies: Build Brand Ambassadors From the Start
- Employee Engagement: The Power of Company Culture

FOSTER DIVERSITY and INCLUSION

- Generational Differences in the Workplace
- Diversity and Inclusion: All-In
- Women in the Workplace: Engage, Empower, and Support
- Gender Dynamics at Work: How to Create a Place of Equality

TEAM BUILDING and CAMARADERIE

- Emotional Intelligence: Why Your Success Depends on It
- Healthy Conflict Resolution: What's Your Style
- Communication Management: Effective Ways to Bridge the Gap

EXECUTIVE and MANAGERIAL DEVELOPMENT

- Healthy Boundaries: Do's and Don'ts in the Workplace
- Connected Leadership: The Foundation for a Thriving Company Culture
- How to Take the Stage: Public Speaking and Presentation Skills

EMPLOYEE PERSONAL DEVELOPMENT

- Emotional Intelligence: Why Your Success Depends on It
- Optimal Success: How to Become Your Best
- Workplace Well Being: How to Turn Stress Into Success
- Cultivating High: Performance Habits-The Art of Productivity
- Building Career Confidence

ADDITIONAL DEVELOPMENT

- Restorative Practice
- Workplace Threat Assessment
- Suicide Prevention: Your Employees Count
- Harassment Legally Required Training

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What We Offer

No company is the same and each comes with unique challenges and organizational dynamics. We do a thorough walkthrough and consultation with you to ensure we build a customizable program and strategy that is sustainable, results-driven, and solution-oriented. We offer a hybrid of educational and engaging methods to best suit your company.



WORKSHOPS AND TRAINING
CUSTOMIZED FOR YOUR TEAM



CONSULTING AND
STRATEGIC PEOPLE
DEVELOPMENT



COACHING FOR
INDIVIDUAL TEAM MEMBERS



EXECUTIVE COACHING

Sustainability is key. Systems are essential. Success is possible.

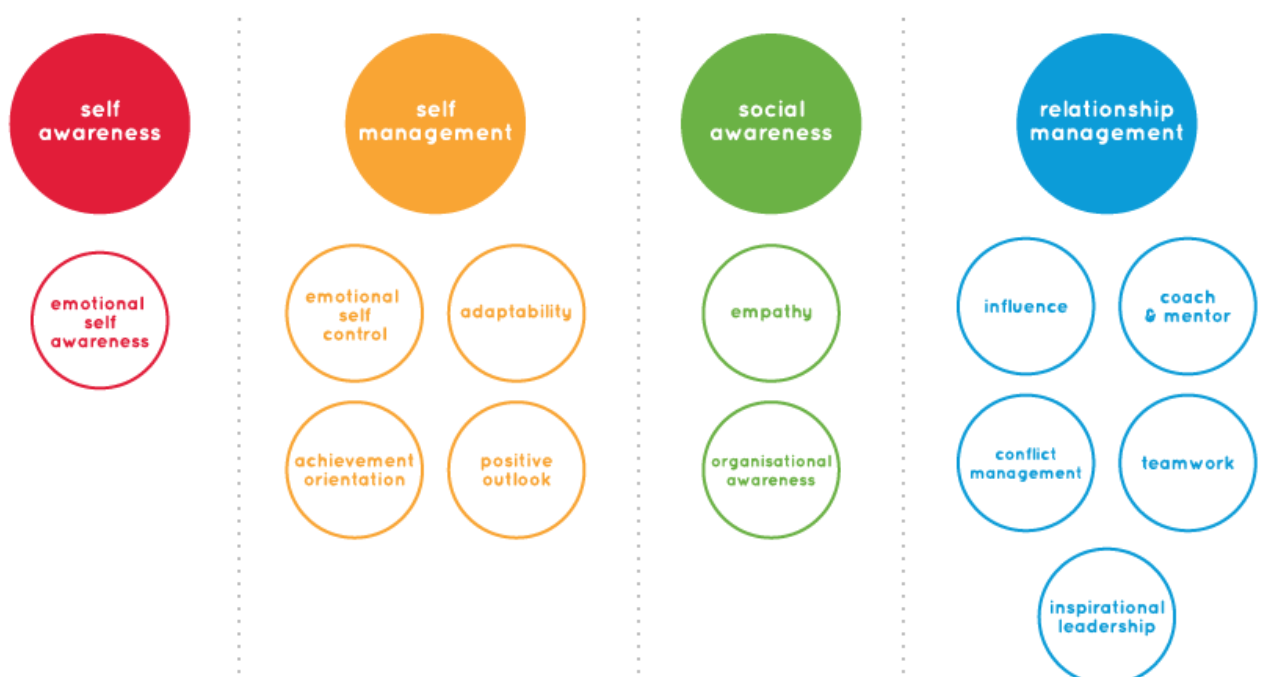


Emotional Intelligence

The CORE Competency to Success

The most successful companies and individuals are the ones that adapt their culture and communication around the key elements of Emotional Intelligence (EI). Many experts contend that EI is more important than the Intelligent Quotient (IQ) and actually accounts for 80% of professional success. According to Daniel Goleman, the frontrunner of EQ, Emotional Intelligence is categorized into four quadrants, and it helps build and maintain healthy personal and professional thoughts, actions, and relationships. Workspaces and companies across the nation have now identified EI as a defining factor in company culture, productivity, and increased results. Today, companies around the world are incorporating the idea of Emotional Intelligence into their professional perspective and strategic outlook. According to David L. Van Rooy Ph.d, the Senior Director, Global Leader Development of Walmart, and author of Trajectory: 7 Career Strategies to Take You From Where You Are to Where You Want to Be, "A correlation between EI and improved performance, and the validity of EI has held constant across the different performance domains, from the workplace to academic."

Emotional Intelligence is broken into four quadrants that focus on self awareness, self management, social awareness, and relationship management. The personal well-being of individuals and enhancing professional relationships are key outcomes to developing emotional intelligence.



Human Impact. Organizational Impact. Global Impact.



Emotional Intelligence

The CORE Competency to Success

Module #1: Self-Awareness

Self-awareness is developing an understanding of your emotions and feelings. It is an awareness of the physical, emotional, and psychological self. Enhancing self-awareness not only improves self-control but it increases confidence, accurate self-assessment, and develops mood management. Participants will additionally improve their personal well-being, decrease stress, break limiting beliefs, and enhance accurate self-assessment.

MODULE OUTLINE:

- What is the Self?
- 6 Pillars to Prosperous Life
- The Physical Self-Scanning, Progressive Relaxation, and Physical Stressors
- The Emotional Self-Understanding Emotions and Where They Come From
- The Mindful Self-Mindfulness, Meditation, and Cultivating Positivity
- EQ Goals and Action Plan

 **6- HOURS**

WHO IS THIS FOR?

- Managers
- Administrative staff
- Front-line personnel
- Sales representatives
- Technical professionals
- All Team Members





Emotional Intelligence

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Module #2: Self-Management

Self-management is a key component in cultivating personal and professional relationships. The foundational elements of this pillar are managing personal emotions, reactions, time-management, and attitude. Through exploring trigger points, motivations, and personal management style, individuals will understand how to effectively control their emotions, manage stress, and enhance well-being.

MODULE OUTLINE:

- What's My Trigger
- Manage Reactions and Brain Elasticity
- Effectively Communicating Emotions
- Pressure, Stress Management, and Reduction of Anxiety
- Intrinsic Motivation and Attitude
- Time Management-Whole Self Well-Being

 **6- HOURS**

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Emotional Intelligence

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Module #3: Social Awareness

Social awareness is our ability to accurately pick up on the emotions of other people and understand how they feel as well understand organizational dynamics. With practice, social awareness helps us “read the room” and gauge a response that is connected and authentic with all persons involved.

MODULE OUTLINE:

- The Three Stages of Empathy
- Social and Organizational Awareness
- Non-Verbal Communication and It's Effects
- Active Listening and Constructive Response
- Asking Guiding Questions
- Service Ethic - Understand and Meet the Needs of Customers

 **6- HOURS**

WHO IS THIS FOR?

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Emotional Intelligence

The CORE Competency to Success

Module #4: Relationship Management

Relationship Management includes the identification, analysis, and management of relationships with people, inside and outside of the workplace, as well as develop individuals through feedback and coaching. Mentorship, influencing, leadership, and communication management are key components in effectively managing personal and professional relationships.

MODULE OUTLINE:

- Communication Management and Styles
- Creating Camaraderie and Team Building
- Effective Coaching and Mentorship
- Inspirational and Transformational Leadership
- Managing Professional Relationships with Integrity and Service
- Identifying the Potential of Others



6- HOURS

WHO IS THIS FOR?

- Managers
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We put special focus on the people, emotional, and social skills needed to be successful in today's world.



Generational Differences in the Workplace

What's Causing All of the Commotion?

The corporate workforce, perhaps now more than ever before, is made up of profound generational differences. The exponential advancement of technology would appear to be widening the gaps, culturally as well as technologically. Conventional wisdom tends to categorize the major age groups (with their positive and negative stereotypes) in the following silos from The Silent Generation (born before 1946), all the way to the now emerging category of iGen (1997-present).

Regardless of age or generational stereotypes, "everyone wants to be able to trust their supervisors, no one really likes change, we all like feedback, and the number of hours you put in at work depends more on your level in the organization than on your age." In other words, while there are doubtless differences among perspectives, intergenerational conflict tends to more often result from misunderstandings and miscommunications.

This session explores the differences and commonalities between generations, offers structures and tools for better understanding and effective communication, along with pathways for bridging the gaps and leveraging the strengths of each cohort toward better team-building, connection, output, and individual and company growth.

Key Learning Objectives

- Address generational differences and their impact on the modern workforce.
- Identify the different generational groups and their defining characteristics.
- Underline the values of each group and highlight their shared experiences.
- Develop communication strategies for bridging the gap and leveraging the strengths of an intergenerational workplace.

Who is this for?

- Managers
- C-Suite Executives
- HR Team Members
- Any Administrative Positions or Emerging Company Leaders.





Going All-In: Creating a Diverse and Inclusive Workspace

What does diversity in the workforce really look like, and how can it benefit your company and team? Many companies continue to fail at creating a diverse company culture simply because they are missing the one factor that must go hand in hand with diversity: inclusion. Leaders understand that a diverse workforce of women, ethnicities, and LGBT individuals creates a competitive edge as their clientele is typically just as diverse. However, a gap still continues to persist between what looks good on paper and the inclusion that is (or is not) taking place. Advocate Vernā Myers states, "Diversity is being invited to the party. Inclusion is being asked to dance." In addition, a recent article from the Harvard Business Review states that "without inclusion, the crucial connections that attract diverse talent, encourage their participation, foster innovation, and lead to business growth won't happen."

In this training, we discuss best practices for employing inclusion, the differences between inclusion and diversity as it currently stands in the workplace, and effective strategies to grow your company through an inclusive mindset and multi-faceted approach.

Key Learning Objectives

- How to increase company growth through integrating diversity and inclusion among your team members.
- Learn step-by-step practices of what inclusion looks like and how they can be utilized within your company specifically.
- Understand what diversity truly looks like and how to leverage your diverse team to propel your company forward both financially and socially.

Who is this for?

- C-Suite Executives
- Managers
- Administrative staff



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Women in the Workplace: Engage, Empower, and Support

According to the Forbes Coaching Council, professional women face 15 significant challenges when it comes to leading and making an impact in the professional world. Generating revenue, overcoming imposter syndrome, maintaining confidence, building alliances with decision makers, and standing in their success are just a few of the challenges women struggle to overcome. These issues prevent many women from achieving their professional goals and diminish their ability to get ahead in business and life. This directly affects not only the women personally, but the companies and teams for which they work.

With the changes regarding women in the workforce and gender equality happening today, we understand that many companies don't know how to navigate through the change and discord that's sweeping the nation. It's not simply a matter of supporting your team of women, but the best practices and tools to engage, empower, and foster growth in them. We recognize that many of us just don't know how bridge the gap!

Key Learning Objectives

- Learn the major challenges women face in the workforce.
- Understand how to identify and leverage the differences between men and women.
- Identify and develop strategies to empower and build confidence in your team of women.
- Discover programs that support your staff of women both inside and outside the workforce

Who is this for?

- Managers
- C-Suite Executives
- HR Team Members
- Administrative Positions or Emerging Company Leaders.





Gender Dynamics in the Workplace

How to Create a Place of Equality

It's no secret that the past two years have presented some major shifts regarding gender in the workplace, including debates about the gender pay gap and sexual harassment, and movements such as the #metoo, #seeher, and #timesup campaigns. Navigating these gender dynamics and issues becomes increasingly more complicated in this ever-changing landscape and is often overlooked, not by choice, but simply due to a lack of resources, support, and understanding. The extremities that have been brought to the forefront through public media have created discord and fear amongst many corporations and employees.

We know that you want the best for all of your employees but may not be sure how and what to do to navigate through the current climate especially with the societal and political noise and pressure.

In this training, we take a deep-dive approach to discussing the psychological and professional differences between genders and how we can work together to bridge the gap and support all parties in the workplace. We will bring to the forefront the strengths and struggles men, women, and agender individuals encounter and present a 360° approach to understanding and engaging with one other with compassion, respect, empathy, and ease.

Key Learning Objectives

- Facilitate and create a safe conversation around gender issues, allowing all staff members to build an understanding and empathy for one another.
- Understand key differences cognitively, emotionally, and behaviorally.
- Develop an environment of safety, comfort and togetherness around gender issues and conversations.
- Eliminate assumptions and fears within the company that are surrounding today's current societal, political, and workplace climate.

Who is this for?

- Managers
- C-Suite Executives
- HR Team Members
- Administrative Positions or Emerging Company Leaders.



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Healthy Conflict Resolution: What's Your Style?

Often people view conflict in a negative manner and try to avoid it; however, the truth is most high-functioning teams recognize that conflict is natural and embrace the art of conflict. Despite globalization and other changes that have occurred across the nation's workforce, many employees believe that much of workplace conflict is still dealt with, with an iron fist.

According to Martin Freres, author of *Financial Costs of Workplace Conflict*: "Systematic review of the scholarly literature and websites identifies medical health, individual psyche, team behavior, wasted time, legal and dispute costs, customer relationships, and counterproductive work behavior as the major paths through which workplace conflict costs organizations money." Research has shown that at least three hours a week per employee is directly related to workplace conflict costing companies millions of dollars. Not to mention, for the first time in history, we have four different generations of employees working side by side with different values, traits, and communication skills.

The hard cost of conflict resolution can result in wasted time, lost work days, a lack of productivity, sabotage and theft, legal cost, decreased customer service, and a loss in skilled employees. The ability to manage conflict in the workspace benefits not only your companies financial bottom line, but also the integrity of your organization and the psychological well-being of your team.

Key Learning Objectives

- Learn about various styles of conflict resolution and understand how to deal with certain archetypes while in the resolution state.
- Discover what your communication style is when dealing with conflict.
- Understand key indicators that show a conflict may be arising as well as learn diffusing techniques to resolve a situation before conflict takes place.
- Gain techniques to embrace conflict in a positive manner creating a solution-oriented environment.

Who is this for?

- Managers
- Front-line personnel
- Sales Representatives
- Technical professionals
- All Team Members



Sustainability is key. Systems are essential. Success is possible.



Healthy Boundaries- Do's and Don'ts in the Workplace

In the wake of the #MeToo movement, employers, CEOs, and HR professionals are faced with many questions regarding workplace harassment. With issues brought to the forefront and escalated through various media platforms, now more than ever the discussion of what is appropriate in the workforce is necessary. Many CEOs and companies are functioning in fear as they no longer know what is acceptable and what crosses ethical and personal boundaries. Times are changing, so staying at the forefront of these changes is one sure way to keep yourself away from allegations or accusations.

Mandatory harassment trainings are no longer enough and have been coined a "cosmetic fix" among companies. According to the Employment Opportunity Commission (EEOC) Select Task Force on the Study of Harassment in the Workplace, after a comprehensive literature review, "it appears that training can increase the ability of attendees to understand the type of conduct that is considered harassment [...] it is less probable that training programs, on their own, will have a significant impact on changing employees' attitudes, and they may sometimes have the opposite effect." It is clear that basic training alone is no longer a feasible option to de-escalating workplace harassment, bullying, and "boundary misunderstandings."

The current research and studies have identified that a continuous holistic prevention program, experiential and interactive trainings, and improvement of educational and personal development programs are the key to making a company shift and creating a safe environment for all parties. Now more than ever, it's time to protect your team, protect yourself, and protect your company.

Key Learning Objectives

- Educate and provide participants with the proper tools to identify the do's and don'ts of personal, physical, and emotional boundaries amongst others.
- Discover what's appropriate in today's workforce through holistic programming that is interactive, engaging, and hands on.
- Understand how to create customized systems and proper protocol for any situations that may arise amongst the company team.

Who is this for?

- Managers
- C-Suite Executives
- HR Team Members
- Administrative Positions or Emerging Company Leaders.





Next Level Leadership

The Foundation for a Thriving Company Culture

Around the world, the most successful companies know that positive leadership is not only effective—it is absolutely necessary. According to Wharton professor Adam Grant, when it comes to the best leaders of all time, “They say, ‘Look, the most meaningful way to succeed is to help other people succeed, to advance a vision or an idea or a project that is bigger than me, that’s going to affect a lot of people.’”

The most effective leaders understand that, in the words of psychologist, Chris Peterson, “Other people matter.” Positive leadership markedly increases employee engagement, alleviates friction in high-pressure situations and times of transition, and produces dramatic results. Leaders who have the skill to develop high-impact relationships and a culture of collaboration drive positive change and innovation, delivering value to customers and radically improving your organization’s bottom line.

In this training, participants discover their leadership strengths and learn new strategies and techniques for becoming transformational leaders who can engage employees, inspire people, and build a culture defined by collaboration and commitment.

Key Learning Objectives

- Learn about positive leadership and best practices.
- Discover how to engage in high-quality connections, respectful engagement, and develop high-impact relationships.
- Learn how to lead through H.E.A.R.T
- Develop strategies to enhance employee engagement and create a culture of collaboration and commitment.
- Build an action plan to create, influence, and foster organizational change.

Who is this for?

- Managers
- C-Suite Executives
- HR Team Members
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How to Acquire Top Talent- Attract, Vet, Retain

While resumes have not become obsolete, they have been shown to be woefully inadequate for hiring new employees. Because they are based on self-perception and self-reporting, they are rarely completely aligned with the skills, ability, and trajectory of the candidate they represent. In fact, a 2014 nationwide study involving HR representatives and hiring managers across industries and company sizes revealed that 57% of applicants' resumes contained lies or embellishments.

What's more, multiple studies confirm that the traditional unstructured job interview is ineffective and that typical questions about weaknesses, strengths, and imagined career trajectories are easily gamed, biased toward candidates with more experience as opposed to ability or cognitive aptitude; furthermore, they are not tailored to your organization or the job and are basically useless for determining the best candidate for a role.

The new standards of hiring top talent underscore the importance of identifying key intangibles and selecting a candidate based on soft skills like creativity, curiosity, adaptability to new ideas and technology, personality-fit, innovation, critical thinking, mindset, emotional intelligence, integrity, effective communication, and productivity. Companies excel in hiring when they let their values lead the selection process and employ leading-edge recruitment programs. This session explores top strategies to recruiting top talent from pre-marketing, the selection process, pre-employment assessments, time-bound business challenges, recruiting for impact, leveraging social media, and evaluating reputations via an applicant's online presence.

Key Learning Objectives

- Understand why relying on resumes and traditional interviews may mean missing out on the best applicants.
- Identify organizational values and goals; tailor recruitment efforts to select for candidates who align with your company's mission and culture.
- Discover and implement the latest strategies for recruitment, hiring, and onboarding the best candidates for positions in your company.
- Learn how to leverage these recruitment strategies for innovation and development within your organization.

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- Managers
- C-Suite Executives
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Employee Engagement- The Power of Company Culture

According to Gallup's State of the American Workplace report, 67% of American workers are either not engaged or are actively disengaged at work, leaving only 33% of the population motivated and invested in their jobs. In addition, now more than 51% of employees are proactively searching for new jobs or waiting for openings and opportunities elsewhere.

Creating a culture of engagement is no longer an option but a necessity in employee acquisition and retention. Progressive corporations understand that building well-defined development programs for their managers and team members are an essential component to creating an engaged company culture. The traditional annual checklist has become obsolete. Authentic engagement is the result of feeling a sense of psychological safety in the workplace and knowing your voice matters. Today's employee wants to be a part of something bigger than themselves. It all begins with asking the right questions and eliciting the input of employees at every level of the organization.

According to Peter Drucker, "The task of leadership is to create an alignment of strengths, making a system's weaknesses irrelevant." Through a strengths-based (as opposed to a deficit-based) approach that values and rewards collaboration, respectful engagement, and reciprocity, this session empowers employees to work individually and as teams to unleash their optimal potential and catapult your organization to the next level.

Key Learning Objectives

- Learn how to activate employee ownership (or buy-in or agency) of the company's mission.
- Discover participants' reciprocity styles and learn how to leverage collaboration approaches to better maximize individual as well as group time and effort.
- Cultivate high-quality connections and respectful engagement to expand trust, creativity, social capital, and workplace productivity.

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Optimal Success: How to Become Your Best

The data from Gallup's latest World Happiness Report shows that well-being and happiness among Americans actually declined in all 50 states between 2009 and 2017. Although salary and other economic factors play important roles, once basic needs are met, well-being is determined by positive relationships, engagement, health, and a personal sense of meaning, purpose, and accomplishment. "About one in eight workers [...] are psychologically committed to their jobs and likely to be making positive contributions to their organizations," Gallup noted. "The bulk of employees worldwide [...] lack motivation and are less likely to invest discretionary effort in organizational goals or outcomes."

Progressive companies recognize this and are investing in the personal development and well-being of their employees. Happier employees create transformation, bring creative ideas to the table, exude a positive energy, and are more inclined to find solutions. But the average employee juggles family life, kids, finances, health, work, and personal time, resulting in little to no energy to produce exceptional results.

This workshop outlines the six pillars to a thriving life and offers strategies and practices for optimal well-being and success. When employees find alignment within their own lives, they can better align with one another, creating stronger teams and propelling your company to the next level. I

Individual Growth → Team Growth → Company Growth

Key Learning Objectives

- Provide an action plan for each participant, mapping out their overall objectives for the Six Pillars of a Prosperous Life.
- Gain strategies on how to implement growth in all six pillars for a healthier and overall happier life.
- Reflect on the what, why, and how of each pillar and its objective.
- How to manage your time effectively for optimal success.

Who is this for?

- Managers
- Administrative staff
- Front-line personnel
- Sales Representatives
- Technical professionals
- All Team Members



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Workplace Well Being-

How to Turn Stress Into Success

While most work-related stress comes and goes, some projects, conflicts, or workplace situations can cause mental health issues, lessened productivity, and employee attrition. In fact, more and more workers are stepping away from their careers and resigning due to these “unhealthy, high-stress environments.” We know that eliminating stress altogether isn’t feasible, but the latest research provides evidence-based strategies for mitigating stress and makes a compelling case for how reframing our stress can ultimately foster greater success.

With California labor laws, you can now file a workers' compensation claim for a psychiatric injury that was caused by workplace stress. Employees can potentially be eligible for unpaid stress leave under the Family Medical Leave Act and California Family Rights Act. Employee stresses can create an abundance in sick days taken, workers compensation cases, increased turnover rates, lessened productivity, and other stress-related cases.

We know how important your employees and your company are to you. Making an investment to provide the tools necessary to help your team manage high-stress situations due to work deadlines, benchmarks, and other expectations will effectively increase productivity, lessen sick days, create a stronger company culture, maintain employee retention, and most importantly show that you care.

Key Learning Objectives

- Provide science-based stress management tools and resources to use while on the job without taking away from the job.
- Implement stress-reducing strategies for both high and low-stress situations.
- Examine how stress affects the body, mind, and emotional health and ways to make stress work for us, not against us.
- Gain innovative strategies for stress-reducing activities and workstations among the company facilities.

Who is this for?

- Managers
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Cultivating High Performance Habits-

The Art of Productivity

Working smarter, not harder, isn't merely a cliché, it's a necessity. The real challenge lies in the how. This session thoroughly explores the how through a variety of empirically validated approaches. Working smart requires selecting a limited, focused set of priorities and engaging in tremendous effort within that scope. It's important to target one's work and focus on creating value, not merely reaching preset goals.

An ambitious 5-year study by Harvard Business School and UC Berkeley academic, Morten Hansen demonstrated that putting in upwards of 50 hours (particularly beyond 65 hours) for an average work week seriously impedes performance.

In this transformational training, we'll focus on avoiding mindless repetition in favor of developing finely tuned skills through deliberate practice. More to the point, we'll prioritize habits over tasks. We'll explore how seeking out roles or re-crafting the role one already has to align one's passion with a strong sense of purpose within the organization is a game-changer for productivity, engagement, and well-being. We'll investigate mindfully employing influence and advocacy to better serve the team and gain the support of others. Lastly, we will address Daniel Pink's theory and learn what time of the day we work the best.

Key Learning Objectives

- Master your work habits by: narrowing your scope and digging deeper, redesigning your workflow, matching your purpose with your job, and incorporating a learning loop.
- Facilitate the work of your team by becoming a champion to more productive meetings, and cultivating disciplined (not wasteful) collaboration.
- Prioritize self-care as a means to higher quality output.

Who is this for?

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- Front-line personnel
- Sales Representatives
- Technical professionals
- All Team Members





Building Career Confidence

Even today in the 21st century, there is a particular crisis when it comes to confidence both professionally and personally. Men and women around the world have expressed their frustrations and struggles as they attempt to climb the career ladder or achieve next-level results in their personal and professional lives. With years of coaching men and women on career confidence and leadership strategies, the Rise Up For You Team has recognized the top four challenges for professionals.

Imposter Syndrome- Not feeling good enough or afraid that you don't bring enough value to the table.

Self-Promotion- Struggling with the idea of advocating for and asserting yourself when needed for work promotions, networking, and new opportunities.

Climbing the Career Ladder- Feeling unsure how to climb the ladder and get to the next step in your career. Often includes feelings of being unseen and unheard.

Taking Risk- Finding it difficult to take risks at appropriate times, potentially missing out on advances for you and your career.

The great news is confidence can be acquired through proven science-based strategies, which means that we can close the confidence gap especially amongst underrepresented communities in the workforce. Becoming more confident in your professional abilities allows for more productivity, creativity, and diverse leadership.

Key Learning Objectives

- Overcome your self-doubt and tap into your full potential in your career and life.
- Control and manage negative self-talk that prevents you from being your best professionally.
- Learn the C.O.R.E of confidence that help propel you forward in your career.
- Learn beneficial practices to help build your confidence so you can take more risk, speak out, and bring your innovative ideas to the forefront.

Who is this for?

- Managers
- Front-line personnel
- Sales Representatives
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How to Take the Stage-

Public Speaking and Presentation Skills

Spiders? Fine. Flying? No problem. Public speaking? AHHHH! Just thinking about public speaking—known today as one of the greatest (and most common) fears amongst individuals—can make your palms sweat, tummy ache, and stress increase. Most people try to avoid whether it's a team manager, CEO, or lead on a project! However, we all have the need to speak well in front of an audience at times during our lives. Everyone from the entrepreneur who is trying to sell their brand to a team lead who is presenting a company proposal, we all want to do well!

There are many ways to tackle the fear of speaking and learn to deliver a memorable speech. In this workshop you will learn the ins and outs of public speaking from presentation, posture, pitch, and even how to comprise your talk and pitch so that it's the most engaging and effective!

Don't let your fear get in the way any longer! Learn How to Take the Stage today!

Key Learning Objectives

- Understand best practices of posture, voice pitch, and speaking aesthetics.
- Adapt presentations based on situational, demographics and psychological audience analysis.
- Prepare and deliver a clear and fluent informative, and persuasive presentation.
- Explore a variety of delivery styles and be able to evaluate and select the most appropriate for the speaker and the occasion.
- Build strategies and skills to manage communication anxiety.

Who is this for?

- C-Suite Executive
- Managers and Administrative staff
- Front-line Personnel
- Sales Representatives
- All Team Members



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LEADERSHIP COACHING



CAREER COACHING



CONFIDENCE COACHING



SUCCESS COACHING



YOUTH COACHING

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