

## CORPORATE COACHING



*All things splendid have been achieved  
by those who dared to believe that  
something inside them was superior  
to circumstance.*—Bruce Barton

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# 1 STRESS MANAGEMENT

*"Stress costs the industry \$300 billion a year in absences, medical costs and turnover." —American Psychological Association*

## Had Enough?

What percentage of your thought life is fueled by negative judgments towards yourself and others? Create an infrastructure of daily habits. Train your brain to respond to external circumstances with confidence rather than fear, doubt, worry, and complacency.

Stress is the power we give to outside circumstance to define our worth, value, and capability.

## Take It Back!

- Learn the skill sets and self-care systems needed to master your mind and emotions and optimize your inner peace and confidence.
- Educate your team with custom trainings that address the harmful effects of stress and offer applicable solutions around high importance initiatives; engagement and effective communication, including conflict resolution all of which can create undue stress and sabotage your desired outcomes.
- Identify and adjust belief systems that wreak havoc on your body and block healthy forward momentum.



## 2 EXECUTIVE COACHING & LIFE COACHING

How much power do you give to the opinions of others? Position? Power? Popularity? Possessions?

- Create a culture of learning in your life from the inside out
- Anchor your identity with what you value most
- Align your career goals with your gifts and talents
- Master the 6 Logical Levels for goal setting and achievement

Your brain offers two methodologies for processing life: *Bottom Up* and *Top Down*



Top Down Processors are intrinsically driven. They hunt and gather information that supports an "all things are possible" open door mentality marked by curiosity.

Bottom Up Processors are reactive and externally driven, they stay stuck in limited

belief systems and give free mental reign to fear, doubt and worry marked by tunnel vision.

Servant Leadership walks through the archway of humility, self-reflection, impulse control and empathetic listening.

- Emotional Intelligence and Personal Excellence: Be the high tide that lifts all ships.
- Up your inner game for personal excellence, wellness and leadership that does not rise and fall depending upon how the world judges it.
- Anchor the skill sets needed for inside out leadership, personal excellence and wellness
- Calibrate Your Highest Potential into your professional and personal life: Spirit => Identity => Beliefs => Capabilities => Behavior => Environment

### 3 TRAINING & DEVELOPMENT: TEAM BUILDING

Do you invest time and resources into your people?

- People before things results in things that champion people.
- Healthy Effective communication infrastructure
- Champion your organizational initiatives with today's leading methodology for effective training and development based on current andragogy theory.

Highly effective teams thrive in organizations that implement: a culture of learning; humor; emotional intelligence; action learning; effective dialogue and rapport skills; and appreciative inquiry.

#### **Do You Value:**

- High touch and creative sustainable deliverables
- Custom training programs based on your company initiatives and individual team goals

Each program has its foundation in Andragogy (effective methodology for teaching adult learners) and focuses on "Lights On Leadership", leading from the inside out with high emotional intelligence. Facilitating psychological safety and connection using methodologies that shift perceptions into a positive think space and collapse false beliefs and resistance to change.

#### DANNEMILLER'S FORMULA FOR CHANGE

Dannemiller's Formula for Change ( $D \times V \times F \times L > R$ ) is used as a foundational point of reference to create your training programs that support your specific initiatives and desired outcomes.

$$D \times V \times F \times L > R$$

**D: Dissatisfaction** with your current situation which may come in the form of frustration; confusion; overwhelm or negative perspectives.

**V: Vision** clarity of focus leads to accuracy of response; a clear vision is essential for forward action steps to appear.

**F: Forward Action Steps:** Putting into practice simply, forward action steps create the infrastructure for sustainable change to take root and replace old patterns of thought and behavior. Creating new messaging systems within our brain through simple repetition of positive behavior result in personal transformation.

**L: Leadership /Coaching** Mentorship and coaching have proven successful support elements resulting in positive, sustainable shift. Connecting with a coach that aligns with your personality and core belief systems is essential in order to create psychological safety for personal growth and development.

**R: Resistance to Change** It has been shown that whenever one of the above elements is missing in a person's life that R: resistance to change will win out. When all 4 elements are present: Dissatisfaction with your current situation or conflict; Vision; Forward Action Steps; and Coaching; then your desire to experience a positive shift in your life will win out over resistance.

#### SAMPLE OF PROGRAMS FACILITATED

- Personal Excellence/ wellness
- Change Initiatives: How to Maintain Safety and Connection
- Infrastructure for Healthy Communication
- Team Motivation & Building
- Effective Management
- Diversity in Communication and Work Styles
- Collaborative Corporate Culture
- Work Life Balance – Life Satisfaction
- Motivate – Create – Collaborate
- Play together – Stay Together – Keeping Employees Happy
- OCD – Office Collaboration Deficit
- Fitness Triangle – Mind/ Body/Spirit

## 4 ARE YOU TOO STRESSED TO DE-STRESS?

Get the Best YOU ON: Support Materials for Personal Excellence and Stress Management

The Greatest leaders and teachers are constant students. A culture of learning is fueled and sustained by effective resources and continual improvement. Emotional Intelligence is an inner game for outer influence.

- Personal Excellence & Wellness 30 Day, 3 Minute a Day Audio/Visual Programs
- Books
- CDs
- Light/Sound Therapy
- 24-hour body support

## 5 30-DAY WELLNESS PROGRAM

### PROGRAM BENEFITS

- It's convenient: Lessons arrive on your desktop & are available on all mobile devices. No meetings. No fuss.
- It's quick: A daily 3-minute video learning lesson, followed by 5–7 minutes of reflection for insight and application. That's 10 minutes invested to create a more productive day.
- It's consistent: Each Program runs for 30 day—research shows consistency or ritual for 21–30 days is far more effective in creating change than "information dump."
- It's captivating: Each cinematic video contains a story, lesson, and reflection activity to reinforce concepts and gain personal insights for growth and accountability.
- It's cumulative: Employees/customers/clients rate their progress and set daily intentions.
- It's collaborative: Employees/customers/clients can set reminders, start groups, and share encouragement.
- It's customizable: Your logo, key messaging, and monthly goals can integrate.
- It's cost-effective: You won't believe it . . . less than \$1 a day (see below).
- It creates success: The program was developed in partnership with Avanoo, the leader in behavioral change video research.



## **CLEAR BENEFITS FOR YOUR COMPANY**

- The perfect investment: personal; meaningful; enduring; helpful. Offers a skill set and daily action steps to create happy/healthy life styles. Instant added value to your company.
- The perfect touch-point: 30 days, 3 minutes a day, doable.
- The perfect branding: Your logo and additional customization as contracted.
- The perfect feedback: Track adherence and efficacy over time.
- The perfect partners: Lauren and Avanoo take care of everything!
- Choose from any of 5 programs
- Daily Personal 3-minute videos from Lauren for 30 days
- Each day contains a story, lesson, and daily action
- Track your daily progress and watch your growth
- Share encouragement with others in the program

Essentially, there are two simple options. The first is the basic (non-customized) video/audio, which contain a daily focused story/lesson and 24-hour action step for 30 Days for all team members/clients/customers as specified in a collaborative proposal. The second option customizes the header, dashboard, video screen, with your logo and any key messages.

## **5 PROGRAMS TO CHOOSE FROM**

1. The Art of Stress-free Living
2. A Cancer Conqueror's Mindset
3. Work-Life Balance
4. Cultivate Healthy Relationships
5. Stress Solutions for the Soul



## LAUREN E. MILLER, M.Ed

Lauren E Miller, M.Ed, is a Stress Relief/ Personal Excellence Educator Coach and Trainer, Managing Partner of Grab & Go Stress Solutions LLC and InVigor, the corporate coaching division of Grab & Go Stress Solutions. Lauren is a member of the Association for Talent Development (ATD), Kappa Delta Pi and International Honors Society in Education. She is an international award winning author, speaker, trainer and coach. Lauren serves on the board of The Women of Global Change and is a member of the Holistic Chamber of Commerce.

She received her BS degree from CU Boulder in Journalism/Psychology; postgraduate in Education; Master of Education in Adult Education Degree with a Specialization in Human Resource Development from Rutgers University; is a Dale Carnegie Graduate; 2nd degree black belt from the World Wide Tae Kwon Do Federation; She Certified Master Business Success Coach; NLP/EFT Master Practitioner (two energy psychology modalities that result in profound positive behavioral transformation).

Lauren has received National and International recognition including Ladies Home Journal; Redbook; Success Magazine; MSNBC; Lifetime; Discovery and the International Journal of Healing and Care. Lauren co-hosts a weekly health and wellness radio show and is a contributing writer for Colorado Biz Magazine and HR.com's Personal Excellence and Wellness Magazines.

