

EXECUTIVE COACHING ✦ LEADERSHIP ✦ STRESS MANAGEMENT ✦ WELLNESS



A DIVISION OF GRAB AND GO STRESS SOLUTIONS, LLC

MISSION STATEMENT:

To champion people into the highest version of themselves in their personal and professional life using a creative process, designed to produce positive changes. Facilitate conflict resolution by making the complex, simple, applicable and sustainable.

Dedicated to educational excellence, via seminars, workshops, keynote presentations, Life and Executive Coaching. Each program has its foundation on process driven skill sets and Andragogy, SHIFT Lights-On Leadership, Sherpa Process Driven Executive Coaching and behavioral science make up a few of the key cornerstones used to facilitate learning and growth resulting in a positive impact personally and professionally.

Each program facilitates psychological safety and connection using methodologies that shift perceptions into a positive think space and collapse false beliefs and resistance to change.



A NOTE FROM LAUREN:

“As an advanced cancer conqueror, I am grateful for the gift of each new day of life. I will often make choices based on the following question: “How would I have wanted to show up today looking back on my death bed?” Give back to those in need is an essential part of this mission. Compassion International, Youth Programs and ministry to the homeless are all monthly beneficiaries of the coaching work I am called to do in this world.”

Lauren E Miller, M.Ed.: Lauren E Miller, has a Masters in Adult Education with a Certification in Human Resources Development. She has personally conquered two of life’s top stressors at the same time, advanced cancer and divorce. Now Google’s #1 Stress Relief Expert, Award Winning Author, HRD Trainer and Certified Executive and Life Coach, Lauren provides process driven programs with structure, guidance, support and accountability designed to create positive change in behavior resulting in positive impact on business (IOB) and life purpose. Explore More at: <http://LaurenEMiller.com> / 303-521-6134/ Info@LaurenEMiller.com

INVIGOR CUSTOM CORPORATE TRAINING PROGRAMS

Each corporate training program is customized and designed to empower your team to make lasting positive changes in their personal and professional life. We address these as a triangular support system: Mind, Body, and Soul. Healthy choices and solutions to build up your team's communication, stress management and functionality along with the sustainable systems for purpose driven life balance and satisfaction.

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 ($D \times V \times F \times L > R$) is used as a foundational point of reference to create our training programs that support your initiatives and desired outcomes.

D X V X F X 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.



Miller's 4 Steps to Learning & Growth™

4 CORPORATE TRAINING PROGRAMS TO EXPLORE AND CUSTOMIZE

1. SHERPA PROCESS DRIVEN EXECUTIVE COACHING

1:1 Coaching for Leadership Development: Positive Skill-sets + Positive Behavior = Positive Impact on Business. Empower key leaders/managers on the team with a 12 Week program designed to create a custom plan for personal leadership excellence.

2. SHIFT LIGHTS-ON LEADERSHIP

Energize and Transform Leadership & Team Collaboration. Empower leaders and team members with a skill set to SHIFT focus and attention from the problems that hold back high performance to solution-based thinking and behavior.

3. STRESS LESS & LEAD MORE

Stress Management for Personal Excellence & Positive I.O.B. (Impact on Business). Pulling from keystone stress management methodology, leaders and teams learn how to release inner stress, frustration and anxiety in a positive way; regain impulse control, time management and work/life balance to champion personal performance and anchor key effective communication skills sets. The Stress Management Training includes team building in the midst of differences.

4. DISC TEAM PROFILING FOR EFFECTIVE COLLABORATIVE CONNECTION

Give your team the opportunity to gain insight into the unique human operating system of each team member that results in a deeper sense of appreciation as well as the ability to make generous assumption within day to day interactions.



1:1 PROCESS DRIVEN EXECUTIVE COACHING

PROGRAM HIGHLIGHTS:

The Sherpa process for executive coaching is internationally recognized and endorsed by nine major universities. Sherpa coaching clients work with a global network of coaches, all using the same process, with support and backup from the world's leading educators. The Sherpa process is about business behavior and performance, and produces permanent, positive results in 90 days. *Positive Skills + Positive Behavior = Positive Impact on Business (IOB).*

HOW WILL THIS HELP?

Executive coaching is about changing business behavior and creating a positive impact on Business (IOB). Years of research tell us that coaching can correct weaknesses that hurt a leader's relationships. More often, executive coaching is used to develop rising stars, and to make sure a succession plan works well. You have both situations in your organization. A Certified Sherpa Coach can produce positive, permanent, changes in business behavior in just 90 Days.

CONTENT AND DELIVERY:

Work one-on-one with Lauren Miller, M.Ed, a certified Sherpa executive coach. A 3-month process to enhance business behavior. *Sherpa Coaches* are unique: university-trained in the most detailed process in print, refining their skills through continued education. Through a 12-session experience, an executive contact is in touch with coach and client, monitoring and measuring the fulfillment of clear expectations. The Sherpa process guarantees consistent results in a limited time frame. *Sherpas work in person, the way clients want to work, or use HD video conferencing, the latest wave of coaching.*

BENEFITS OF THIS PROGRAM:

The Sherpa process is not about the coach, not about personal issues, not about small talk.

Established leaders and rising stars can benefit from:

- **Self-Awareness:** optimizing strengths, managing weaknesses in leadership behavior. Harnessing personal motivation into results.
- **Relating and working with others:** Effective Communication and listening. Managing emotions and non-productive behavior.
- **Leadership effectiveness:** Time management and effective decision making. Personal vision and presence as a lead.
- **Mastering expectations:** Setting individuals up for success by communicating clearly. Creating clear buy-in, ownership, follow through and completion.
- **Accountability:** Defining clear roles and accountability. Empowering individuals to own roles and responsibilities.



SHIFT LIGHTS-ON LEADERSHIP®

A POWERFUL TRAINING PROGRAM TO ENERGIZE AND TRANSFORM YOUR LEADERSHIP & TEAM COLLABORATION

Facilitator is Certified SHIFT faculty at Clarity International

½ Day and Full Day Options Available

- Do you have a clear vision for your company future?*
- Are you are doing the right things every day to achieve that vision?*
- Are you attracting the best people? Keeping them?*
- Do you want more commitment and engagement from your employees?*
- Do you inspire your employees to share and promote a team vision?*

DO YOU KNOW THE ANSWERS BEGIN WITH YOU?

As a leader, the process of bringing vision, energy and spirit into an organization begins with you. It all begins with your vision of what you want to create. Without your own vision being deeply and passionately connected to the work you do, it is almost impossible to awaken the passions and productivity of the people you work with.

FOCUS ON THE ENERGY AND VISION OF YOUR PEOPLE . . . THEY WILL FOCUS ON RESULTS.

The latest competitive advantage for any successful leader is tapping into everyone's deepest energy and passionate vision. It can be frustrating trying to instill the right instincts into your employees and co-workers to think bigger, take on responsibility, think more like owners and fully work to their potential. The learning you will take away from this workshop will transform how you approach each of these challenges.

YOU WILL LEAVE THIS INTERACTIVE TRAINING WITH POWERFUL TOOLS TO . . .

- Avoid the commonly accepted workplace behaviors that actually inhibit everyone's performance.
- Create a model of behavior and communication that delivers the performance and vitality you want.
- Activate the deep energy that moves everyone to peak performance.
- Read the energetic clues that ignites and renew your own passion and focus on results.
- Empower leaders and team members will a skill set to be able to SHIFT focus and attention from the problems that hold back high performance to solution-based thinking and behavior.
- Learn how to SHIFT from a negative emotion that produces stress in the body to a positive emotion that produces calm in the body and results in a positive shift.



DISC TEAM PROFILING FOR EFFECTIVE COLLABORATIVE CONNECTION

The DiSC assessment tool has been used by over 50 million people around the world, 1 million each year. DiSC is a leading personal assessment tool to enhance and improve team collaboration, communication and productivity.

In 1920 William Marston created a theory to explain people's emotional responses to different stimuli. Marston identified four primary emotions and linked them to behavioral responses. In 1970 two professors from University of Minnesota, Geier and Downey, created the DiSC Personal Profile System based on Marston's findings.

In this program you will give your team the opportunity to gain insight into the unique human operating system of each team member, offering deeper understanding around the language, internal drivers and behavior used by 4 unique personality profiles.

The DiSC Personal Profile System focuses on behaviors, including word choice and body language. It is a series of questions that result in a graph a detailed feedback profile about each participant's main drivers in life, including optimal situations that result in productivity as well as specific factors that will shut them down. This knowledge is extremely valuable to a team as it offers specific insights into the best ways to interact with each other in the midst of differences:

- **D: Dominant:** *Ask What Questions* and are driven by power. A high "D" is assertive, goal oriented and competitive. They go for it and have no problem doing it alone.
- **I: Influence:** *Ask Who Questions* and are driven by 1:1 Relationships. They love to connect, have fun with people.
- **S: Steadiness:** *Ask How Questions* and are driven by the group. They are loyal, dependable and inclusive: Let's all get on the same page attitude.
- **C: Conscientiousness:** *Ask Why Questions* and are driven by data and detail. If you are going to do it, do it right . . . you want them building your airplane.



STRESS LESS AND LEAD MORE: LEADERSHIP AND TEAM DEVELOPMENT PROGRAM

Let's face it, stress robs you of your ability to lead well, communicate effectively and engage in a calm, confident manner with your colleagues.

Stress is the power you give to outside circumstance to define your worth, value and capability. This training program offers you several specific stress management tools to keep in your back pack and pull out and use when someone "*knocks your lights out.*"

Learn how to take back the power you give to people, outcomes and situations to define what YOU believe you are capable of handling. This program goes well with the Lights On Leadership Program.

PROGRAM LEARNING OBJECTIVES:

- Identify specific emotions that cause stress and has a negative impact on leadership behavior.
- Gain insight into team shared stress triggers and explore sustainable solutions.
- Learn how to SHIFT from a negative emotion that produces stress in the body to a positive emotion that produces calm in the body and results in a positive shift.
- Participants are able to recognize the value of high noticing around thoughts and how they influence emotions and positively or negatively impact business behavior and team effectiveness.
- Participants are able to apply the thought changer protocol to work related stress that blocks effective leadership skills.

You see and react to your team members as you are feeling in the moment: "*I see you not as you are but as I am.*" An emotion is your body's response to your thought life. Your capability to maintain calm and confidence personally and professionally lies between your two ears.

Stress Less and Lead More offers skill-sets for stress Management for personal excellence resulting in a Positive I.O.B. (Impact on Business). Pulling from keystone stress management methodology, leaders and teams learn how to release inner stress, frustration and anxiety in a positive way; regain impulse control, time management and work/life balance to champion personal performance and anchor key effective communication skills sets. The Stress Management Training includes team building in the midst of triggers.



AVAILABLE ADD-ON SUPPORT PROGRAMS:

1. A package of six Sherpa Process Driven Executive Coaching sessions can be added onto any of the programs offered or customized for leadership development.
2. Give your team the choice of 5 different 30 Day, 3 Minute Audio/Visual Professional Development Programs to anchor desired behavioral shifts over a 30 Days. The 3-minute lessons arrive on your mobile device of choice. It's collaborative: Employees/customers/clients can set reminders, start groups and share encouragement. The programs are developed by Avanoo, the leader in behavioral change video research:
 - The Art of Stress-free Living
 - A Cancer Conqueror's Mindset
 - Work-Life Balance
 - Cultivate Healthy Relationships
 - Stress Solutions for the Soul

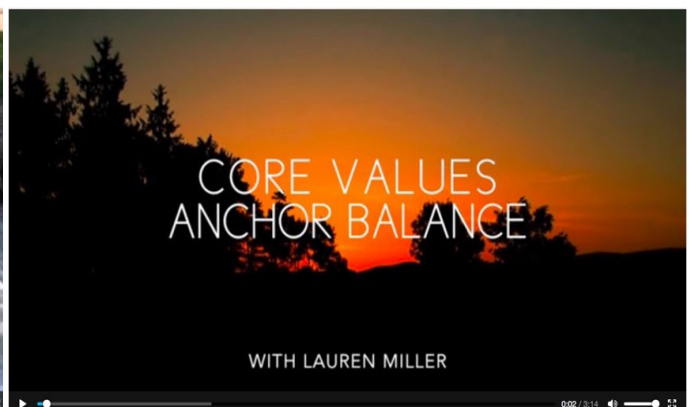
The Art of Stress-free Living

Techniques for living a stress-free life



Work-Life Balance: Get Off the Seesaw!

Find balance in your work, your life, and your world!



SENIOR LEADERSHIP PRACTITIONER PROFILE

Passionate, highly respected leadership expert with 15+ years' success accelerating individual achievement of personal and professional excellence and driving positive organizational change.

Attentive relationship-builder with honed business acumen and executive coaching experience spearheading all aspects of Human Resources Development: strengthening and growing knowledge, skills and abilities to produce Positive Impact on Business (IOB). Dynamic and engaging speaker with repeated success drawing on humor, personal experience, academic studies, and proven techniques to facilitate learning and inspiration. Stress relief subject matter expert (SME) with track record of delivering highly interactive presentations, seminars, and workshops championing personal and professional potential.

HIGHLIGHTS OF EXPERTISE

- Mentoring & Corporate Coaching
- Key Stakeholder Communication
- Human Resources Development (HRD)
- Instructional Design & Teaching
- Leadership Training and Development
- Public Speaking, Workshops, & Seminars
- Writing & Content Development
- Company Culture / Team Building

CAREER EXPERIENCE

Grab & Go Stress Solutions, LLC, Littleton, CO

Provide one-on-one coaching, group workshops, and seminars to thousands of people annually, introducing concrete tools enabling individuals and organizations across the globe to achieve positive, sustainable change.

EXECUTIVE DEVELOPMENT CONSULTANT (2005 TO PRESENT)

Interview clients to gain understanding of pain points and develop individualized and team programs aligned with objectives and capabilities, creating strategic roadmaps for success. Facilitate adult learning designed to produce positive change. Champion internal strength, deep reflection, and creative solutions to address challenging issues and drive business growth.

- Featured as stress relief SME on CNBC, MSNBC, Lifetime, and Discovery channels as well as in *International Journal of Healing and Care*, *Redbook*, *Ladies Home Journal*, *Family Circle*, and *Success*.
- Regarded as preferred facilitator of Faculty SHIFT Leadership Training for Clarity International.

EDUCATION & CREDENTIALS

- Master of Adult Education with a Human Resources Development Certification
- *Rutgers University, New Brunswick, NJ*
- Bachelor of Science (Journalism / Psychology)
- *University of Colorado, Boulder, CO*

CERTIFICATIONS & PROFESSIONAL DEVELOPMENT

Energy Psychology & Coaching Post-Graduate Study | Executive Coaching and Life Coaching | Certified Faculty SHIFT Leadership Training | Emotional Freedom Technique (EFT) | Advanced Neuro-Linguistic Programming (NLP) Basic & Master Certification. Sherpa Executive Coaching Certification (CSC) and ICF (International Coach Federation) Certification in progress.