



Lois Barth, Coaching & Consulting Services, LLC.

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I help organizations develop effective leaders & teams by fostering communication, emotional intelligence, and confidence.

COMMUNICATION

4C Methodology (Curiosity, Compassion, Connection, & Courage)

In each of these programs, we use the 4C's to support teams and leadership on winning strategies to enhance work culture well-being and effectiveness.

- The 4C's of Being Beautifully Honest (*having Courageous Conversations*)
- The 4C's of Communicating with Power, Poise, and Pizzazz
- The 4C's of Effective Communication
- The 4C's of Exercising Influence
- The 4C's of Strategic Storytelling
- The 4C's of Setting Clear & Healthy Boundaries
- Bringing Your "A" Game to Email (*and other forms of written communication*)

MINDFULNESS/TEAM BUILDING/EMOTIONAL INTELLIGENCE

The goal of the mindfulness and team building programs is to foster what I call "Behavioral Wellness Meets Professional Development." To champion the team and leadership with tools to be able to connect with each other, understand and value one's own and each other's wiring, and use those skills to enhance teamwork, wellness, and performance.

EACH PROGRAM HAS A DIFFERENT FOCUS AND IS TAILORED TO THE NEEDS OF THE GROUP, DESIRED OUTCOMES, AND OVERALL GOALS.

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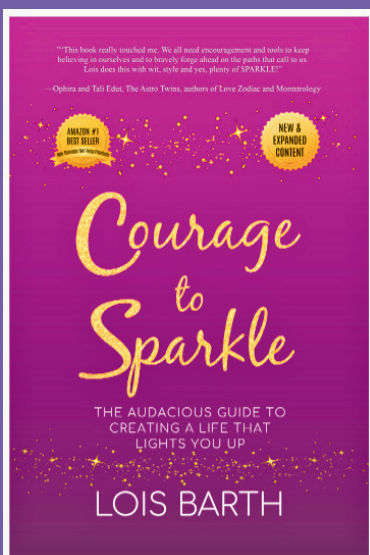
MINDFULNESS/TEAM BUILDING/EMOTIONAL INTELLIGENCE

- Building Positive Intelligence (PQ) for Greater Well-Being & Leadership
- Common Sense Uncommonly Practiced - Stress Less, Thrive More, and Enhance Productivity
- Delegating Powerfully and Running Effective Meetings
- 2.0 You! Upgrading Your Own Operating System (work-life fit)
- Team 2.0! Upgrading Your Own & Your Team's Operating System (building best practice and well-being solutions)

PRODUCTIVITY

Using an innovative approach to harness one's focus, and find ongoing ways to refuel, this program knits together key principles of how to stay more focused and on track in a fluid and productive way.

- Dynamic Duo- Time Management & Self-Care



Lois Barth

Human Development Expert, Keynote Speaker,
ICF Certified Executive Life & Coach,
and Author

To learn more about Lois' keynotes, workshops, and coaching.

