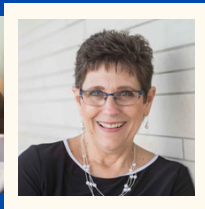


LEADERS STOP LOSING SLEEP

This is what I do



TRUST

can have a very real impact on your bottom line.

Research from the Harvard Business Review reveals that when an office has high trust levels, employees are 50 percent more productive, 76% more engaged, and have 74% lower stress levels than those in low-trust environments.

GETTING TO THE HEART OF IT!

Stop trying to give and receive feedback, motivate and engage teams, improve time management, run successful meetings, and use emotions in healthy and effective ways all on your own to be successful at work and in life.

Coaching with **HEART**

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📅 <https://coachingwithheart.youcanbook.me>