



YOUR HEALTHY
REALITY

CORPORATE LIFE COACHES

The logo consists of a stylized pulse line in yellow and orange that forms a heart shape. Inside the heart, the text "YOUR HEALTHY REALITY" is written in a red, sans-serif font. Below the heart, the words "CORPORATE LIFE COACHES" are written in a smaller, red, sans-serif font.

**Professional
Development/ Coaching
Workshops**

We take your development personal

The text is centered within a white rectangular box. The top part features the words "Professional Development/ Coaching Workshops" in a bold, orange, sans-serif font. Below this, the phrase "We take your development personal" is written in a smaller, italicized, orange, serif font.

TABLE OF CONTENTS

Introduction	3
About Your Healthy Reality	4
Clients & Testimonials	5
Our Methodology	6
Popular Development Workshops	7
Sample Workshop Descriptions	8
Overview	11
Contact	12



INTRODUCTION

Dear Future Client,

I am illuminated with hope that you are taking the necessary steps to transform your organization with coaching. In an era where Diversity & Inclusion and Wellness is becoming a necessity in organizations, coaching and professional development is a great strategy to building an inclusive workplace.

I have no doubt that there are great leaders and professionals in the right positions, but they are being held back by their own limiting beliefs. Even a great strategy can't succeed without the right mindset to implement it. Our interactive and in-person professional development trainings are designed to help employees get a pulse on the business while creating a map to reach their personal and professional goals. Our training will give them the necessary skills they need to function at their highest level.

Expect an immediate boost in morale and a positive shift in the culture, after the **Your Healthy Reality Training Experience!**

If you have any questions along the way, please don't hesitate to call me at: 888 683 4177 Ext: 101 or email me at Char@yourhealthyreality.com

Best Regards,



Char Newell
CEO & Chief Corporate Life Coach



ABOUT YOUR HEALTHY REALITY

IT'S MORE THAN TRAINING, IT'S AN EXPERIENCE!

Most employers and industry leaders are caught up in all the legalities of running a business and overlook the critical soft skills needed to have a successful business. Your Healthy Reality is dedicated to educating, training, and empowering professionals to live their best “corporate” lives. As Certified Corporate Life Coaches we take a unique approach to achieving corporate health, by training employees with the necessary soft skills needed; such as, effective communication, time management, conflict resolution, and teamwork to name a few.

Our **Professional Development Trainings** are guaranteed to help people become effective leaders, drive performance, and boost company morale.

CORE VALUES

Our values are simple and comes from an old but well known saying “Do unto others, as you would like done unto you.” We emulate the same energy and vibes from our organization to bring into yours. We believe energy is transferable, so it is our responsibility to ensure our coaches are transferring nothing but positivity when we join your family.

INTEGRITY

We believe a solid foundation is grounded in the quality of being honest and having strong moral principles. We pride ourselves in doing exactly what we promised to do.

ADAPTABILITY

We believe to function in today’s world you must be able to work with all types of personalities, thrive under pressure, and be open and willing to change. We teach you how to view change as an opportunity and not as a threat.

EMPOWERMENT

Our goal is to give you the tools you need to survive beyond the board room. We don’t believe in bringing our clients the fish, but we do believe in teaching you how to fish.

COMPASSION

We believe the ability to understand and share the feelings of another is important to solidify an engaging experience.

CONSISTENCY

We will consistently deliver impeccable service, keeping our client’s mission and vision at the forefront of every training.

MOTIVATION

We believe in sharing our stories with hope that through our thoughts your own thoughts will be birthed. True success comes when you find inner peace with everything that has happened to you so far in life.

Char Newell, from Your Healthy Reality, provides corporate life coaching services for one of my clients who is experiencing tremendous growth at a rapid pace. Whether the change is good or bad, you can never predict how employees will interpret this change. In this scenario it became a disruption to the organization. With Char’s training and coaching, I am seeing stability, engaged, and productive employees again. I highly recommend to book Char and Your Healthy Reality for all your training needs.

Antonia Christian
Co-Founder & President at Little Bird HR

CLIENTS & TESTIMONIALS



My team took the "Blue Print to Your Success," workshop and it was a GAME CHANGER! Char has a passion for developing people and natural knack for leadership. She comes with a wealth of industry knowledge and gives you clear actionable items for becoming a better leader and achieving your goals. Char also focuses on creating habits and changing mindsets to help you achieve success in every area of your life. It is rare to find a professional trainer who can inspire while she trains. I highly recommend Your Healthy Reality to train your leaders.

Stephanie Alfonso

Director of Talent Acquisition at New Horizon Computer Learning Centers, Florida

I manage a team of insurance brokers who lacks a lot of the soft skills needed to close deals and build lasting relationships. Her coaching consists of educating, empowerment, and motivation. Her wealth of knowledge, years of experience, and natural talent to guide individuals to their own healthy reality left my team feeling as if they can conquer the world. She cares not just about your professional development, but your personal growth as well. I really loved that her trainings incorporate life skills tools that provide a clear path to living your best life. Char and Your Healthy Reality is my number 1 choice for professional development and coaching.

Saul Custodio

Regional Vice President, New York, NY



**Transform your organization with
our coaching!**

OUR METHODOLOGY

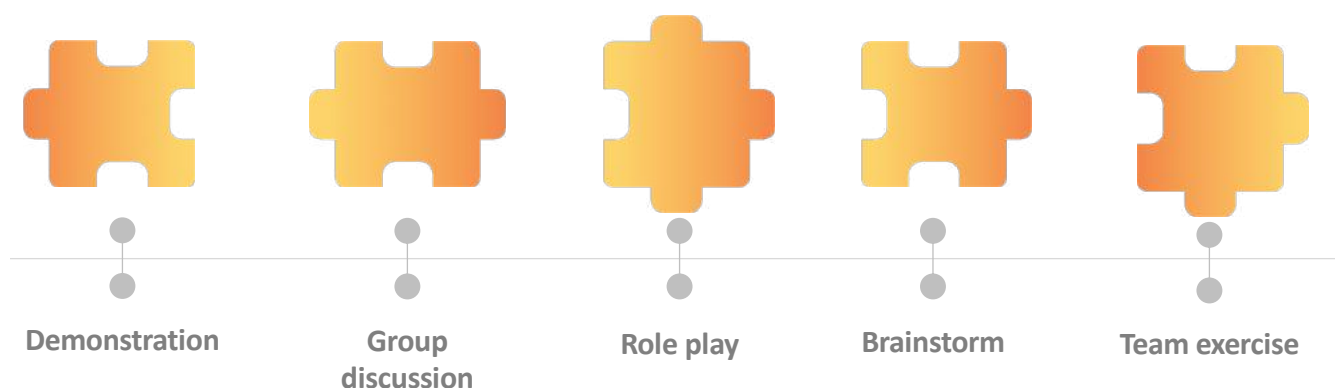
Our curriculum is designed to educate a diverse population of adult learners. We take a unique approach to training, by using a coaching model that focuses on the foundation of life, present and the future. We like to take a solution based approach, where it is goal oriented and developed on a wellness model.

Based on Dr. McCraw's Harmonic Matching, which is a four-step process, all learners will learn how to align their thoughts, emotions and beliefs in the direction of their desires. We believe most people are being held back by their own limiting beliefs.

Without the right mindset, the tools learned in training will not be transferred into real world experiences. Our training model incorporates the following Life Skills.



The learning experience is delivered in a fun environment and instruction is given in the following formats:



DEVELOPMENT WORKSHOPS

MOST REQUESTED TRAININGS

You can choose one workshop or combine them for a half/full day of training.

- Emotional Intelligence
- Using “Resilience” as your super power
- Effective Communication
- Productivity & Time Management
- Teambuilding & Collaboration
- Mindfulness & Stress Management
- Confidence: Boardroom & Beyond
- Conflict Management in The Workplace
- Leadership: Leading from the Inside Out

YHR EXCLUSIVE WORKSHOPS

The Blueprint to Your Success

Leading from the Inside Out

Mastering the Different Stages of
Life

Building & Managing Relationships

Using Resilience as your Superpower

Change is an Opportunity, Not A
Threat

SAMPLE WORKSHOP DESCRIPTIONS 1

Productivity & Time Management

The world is filled with distractions. With technology advancing at a rapid pace, we have a million ways to easily be distracted and focusing on what's really important becomes an impossible task. And yet staying focused is exactly what it takes to get things done and get ahead. In order to get more done and be more productive, good time management skills are essential. We all have days that are less productive, but our overall productivity should be high from one day to the next.

To come up with a strategy for time management, you need to know yourself. You need to understand your personality, how well you prioritize and organize, and how self-disciplined you are. You also need to have a good grasp on which methods of organization work best for you in terms of scheduling your time.

This workshop will help you set the foundation for managing your time which will lead to you being productive on a daily basis.

Learning Outcomes

By the end of this session, you will be able to...

- Plan and prioritize each day's activities in a more efficient, productive manner
- Create realistic weekly plans that will help you avoid procrastination
- Increase focus and minimize the impact of distractions.
- Learn how to eliminate the time killers, and gain more free time
- Ensure you are working on the right things at the right times by setting goals

Emotional Intelligence: Improve your relationships at work by managing your emotions

Your mind is the place where promises and failures are planted. Your past experiences live in your mind, and the ability to be successful starts with how you think and react to unplanned situations. Emotional Intelligence is defined as a set of competencies demonstrating the ability one has to recognize his or her behaviors, moods, and impulses, and to manage them best according to the situation.

This course will give you the tools you need to be emotionally intelligent in your workplace. An employee with high emotional intelligence can manage his or her own impulses, communicate with others effectively, manage change well, solve problems, and use humor to build rapport in tense situations. These employees also have empathy, remain optimistic even in the face of adversity, and are gifted at educating and persuading especially in a sales situation and resolving customer complaints in a customer service role.

Learning Outcomes

By the end of this session, you will be able to...

- Define and practice self-management, self awareness, self-regulation, self-motivation, and empathy.
- Exercise self-control while expressing yourself passionately and authentically
- Gain deep understanding of the conscious and subconscious mind
- Take control of your relationships at work and create rewarding partnerships

SAMPLE WORKSHOP DESCRIPTIONS 2

Conflict Management in The Workplace

Wherever two or more people come together, there is the possibility of conflict. Conflict at work can be caused by a number of factors, including misunderstandings, miscommunication, perceived threats, personality clashes, a competitive environment, or different values or beliefs. But, the biggest problem caused by conflicts are not the conflicts themselves, but rather the way conflicts are handled—and in many cases not handled at all.

Conflict is not always violent, it is not always negative, but it is inevitable. Anyone can experience conflict so it's important to be prepared. When managed properly, conflict can be peaceful and productive. Although conflict is often unpleasant, it can be a catalyst for positive changes. This course will give you a six-step process that you can use to modify and resolve conflicts of any size. You will also learn crucial conflict resolution skills, including dealing with anger and using the Agreement Frame.

Learning Outcomes

By the end of this session, you will be able to...

- Develop an understanding of common sources of conflict and awareness of what signs to look for, so you can prevent or minimize conflict by catching it early.
- Understand the five main styles of conflict resolution and find your natural conflict management style.
- Use basic communication tools, such as the agreement frame and open questions to facilitate conflict resolution conversations.
- Use basic anger and stress management techniques
- Handle successful negotiations and recognize destructive personality patterns.

Team Building & Collaboration: Form to Perform - Strategies for developing effective teams

For most of us, teamwork is a part of everyday life. Whether it's at home, in the community, or at work, we are often expected to be a functional part of a performing team. This training will encourage you to explore the different aspects of a team, as well as show you ways that you can become a top-notch team performer.

After you complete this course, you will know:

How to lead and manage a successful team, how to evaluate individual and team performance, and how to lead a successful and productive meeting. You will learn about innovative problem solving, decision making, and how to improve your communication skills. We will learn about goal setting and how to drive change.

Learning Outcomes

By the end of this session, you will be able to...

- Build team trust, develop team norms, while identifying stages of team development and how to help a team move through them
- Describe actions to take as a leader – and as a follower for each of the four phases (Forming, Storming, Norming and Performing)
- Incorporate various team-building activities into your organization
- Describe several team-building activities that you can use, and in what settings
- Follow strategies for setting and leading team meetings

WORKSHOP DESCRIPTION & AGENDA

Team Building & Collaboration: Form to Perform - Strategies for developing effective teams

For most of us, teamwork is a part of everyday life. Whether it's at home, in the community, or at work, we are often expected to be a functional part of a performing team. This training will encourage you to explore the different aspects of a team, as well as show you ways that you can become a top-notch team performer.

After you complete this course, you will know:

How to lead and manage a successful team, how to evaluate individual and team performance, and how to lead a successful and productive meeting. You will learn about innovative problem solving, decision making, and how to improve your communication skills. We will learn about goal setting and how to drive change.

Learning Outcomes

By the end of this session, you will be able to...

- Build team trust, develop team norms, while identifying stages of team development and how to help a team move through them
- Describe actions to take as a leader – and as a follower for each of the four phases (Forming, Storming, Norming and Performing)
- Incorporate various team-building activities into your organization
- Describe several team-building activities that you can use, and in what settings
- Follow strategies for setting and leading team meetings

Workshop Schedule

*Agenda subject to change.

1:00pm - 1:05pm (5min)	Introduction
1:05am - 1:15pm (10min)	Assign Teams & Explain Assignment
1:15pm - 1:20pm (20min)	Complete Assessment *Self-awareness
1:20pm - 1:40pm (20min)	Spaghetti Tower *ACTIVITY: Teamwork, Creative, Design Process, Thinking
1:40pm - 2:00pm (20min)	Team Reviews
2:00pm - 2:30pm (30min)	Team Building & Collaboration Conversation

OVERVIEW

Why

We want to give employees an opportunity to develop skills that they can take beyond the workplace. 2019 is a year of growth, and development needs to be an intricate part of the organizational plan. You have to prepare yourself for success, because it doesn't just happen overnight. Training is no longer a want, but it is a necessity in order for organizations to experience continuous growth.

What

An interactive, virtual in-person program that have participants identifying their own skills while practicing a variety of soft skills. All workshops are structured to incorporate some form of team building exercise.

Where

Training takes place virtually or at client's location

When

We definitely recommend incorporating a quarterly training program, this allows for follow up and continuous learning. Client chooses days that are convenient for the organization.

MY MISSION

Is to educate, empower, motivate, and give hope to many

Char Newell



Char Newell is the CEO & Chief Corporate Life Coach for Your Healthy Reality. Before starting her own Professional Development & Training organization, she spent 15 years of her career as a Human Resources Executive for organizations on a National scale. Char have successfully completed hundreds of high-volume mergers & acquisitions, transformed broken cultures, and taught organizations how to rebrand their image by using one very important resource, their PEOPLE.

Char's innovative strategies landed her in the circles of top senior- level HR Executives with an invite-only spot on the Elite Forbes HR Council. Her work was recognized by the Young Gifted & Black Entrepreneurial Awards and she was honored with the Professional Services Award for Strategic Vision & Innovation in Human Resources! And that isn't the only way that Char is making waves in the HR arena, she packs an even bigger punch by mastering her discipline and attaining certifications for: Certified Corporate Life Coach (CCLC), Certified Relationship Consultant (CRC), Certified Holistic Health & Wellness Practitioner (CHWP), and last but definitely not least, Strategic Human Resources Business Partner (sHRBP).



CONTACT

Char Newell

Chief Corporate Life Coach

info@yourhealthyreality.com

929-489-2341

www.yourhealthyreality.com