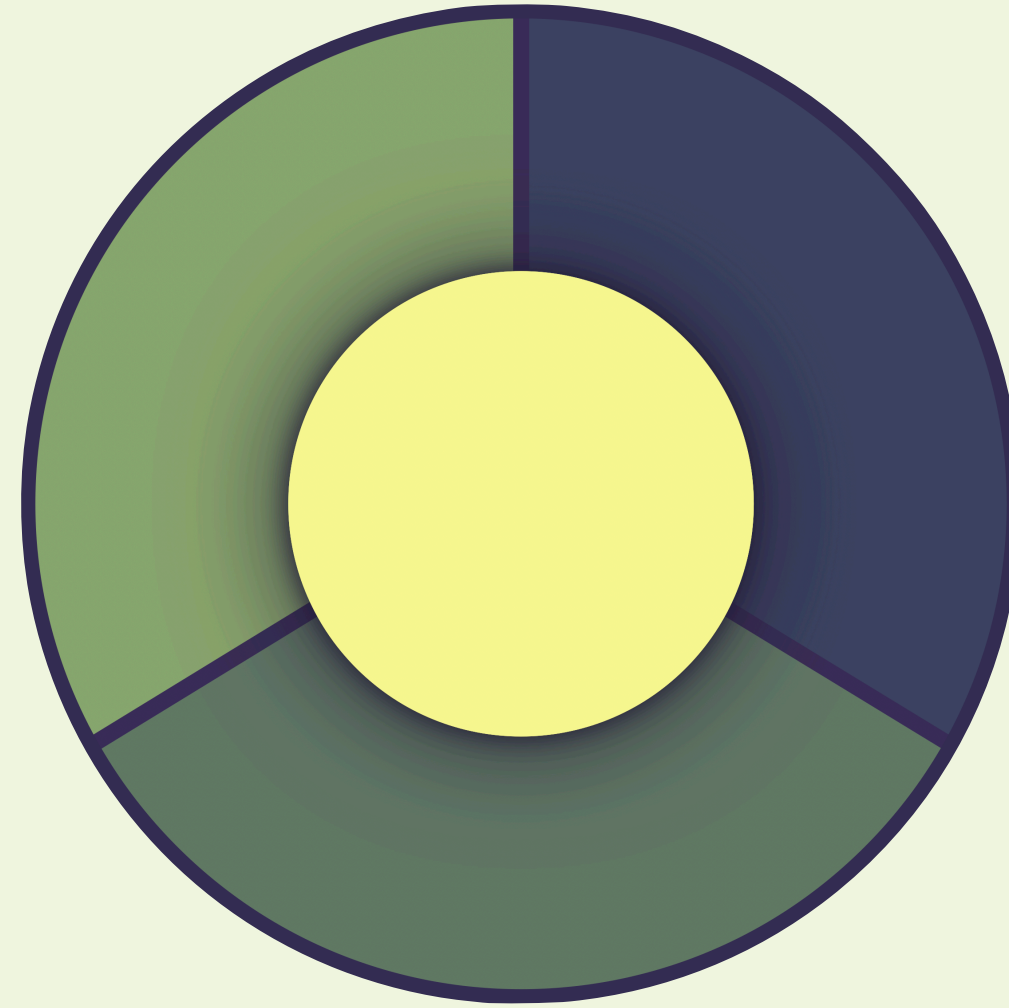
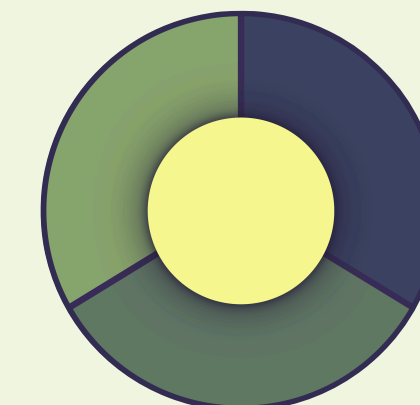


Corporate Sponsored Coach Training



Flourishing PERMA Toolbox



PERMA

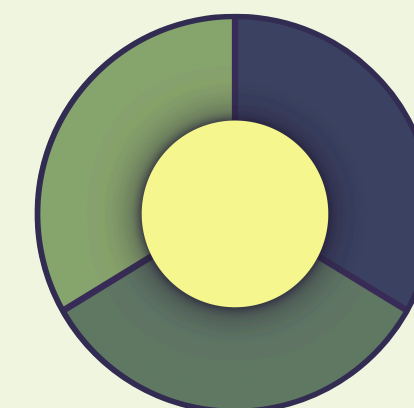
P - Positive Emotion

E - Engagement

R - Good Relationships

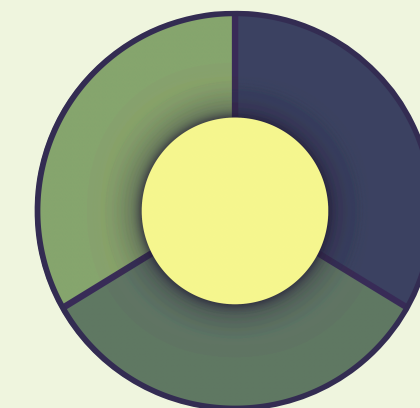
M - Meaning and Purpose

A - Accomplishment



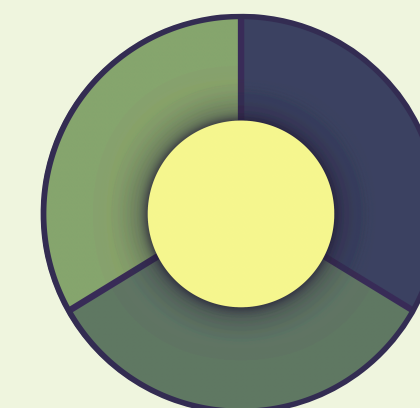
When to Explore

1. Highly Successful
2. Feeling Unfulfilled
3. General Well-Being



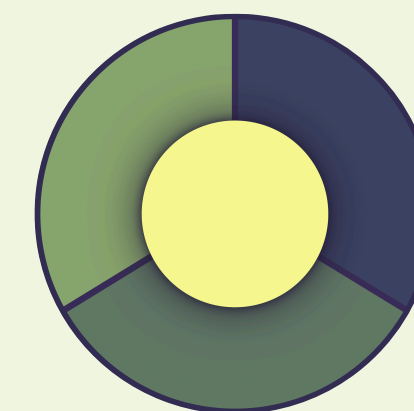
Positive Emotion

1. Emotional Intelligence
2. Mindset Exploration
3. Happiness
4. Daily Thought Record
5. Psychological Safety Cycle



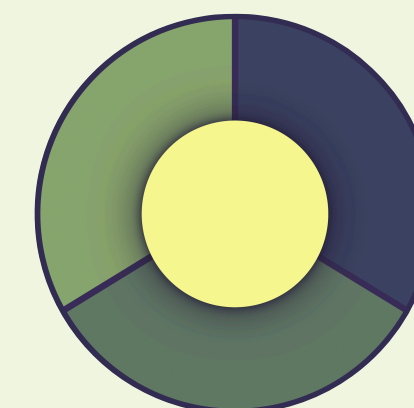
Engagement

1. VIA Strengths Assessment
 - a. Applying Strength to Weakness
2. Strengths Coaching
3. Weakness Coaching
4. Flow



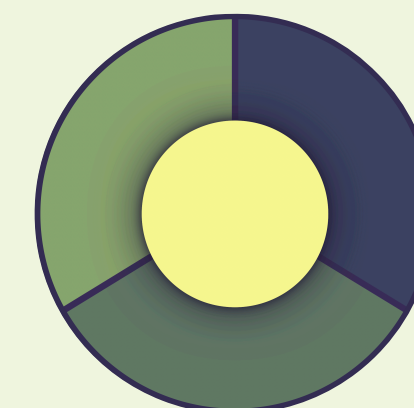
Relationships

1. Emotional Intelligence
2. Communication and Difficult Conversations
3. Networking and Casual Conversations
4. Crucial Conversations
5. Crucial Accountability
6. Psychological Safety Cycle



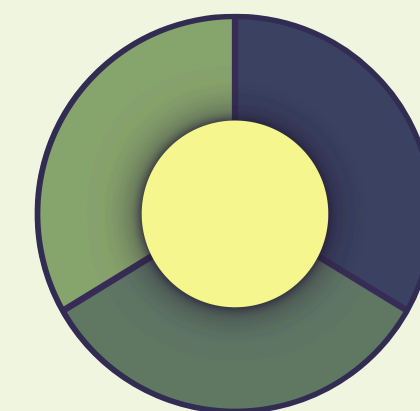
Meaning

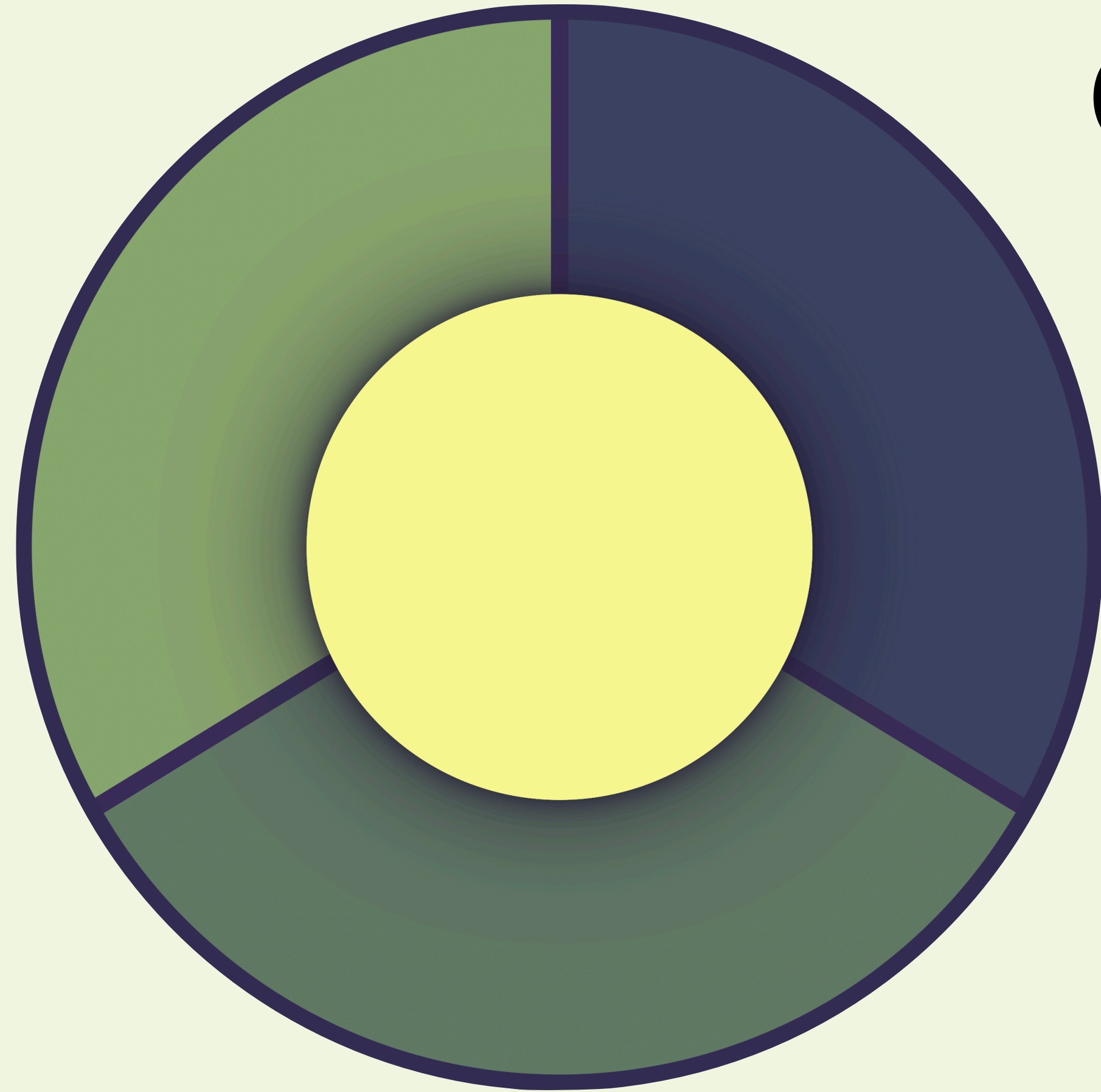
1. Emotional Intelligence
2. Decision Making Frameworks with a focus on Purpose/Values
3. Fast and Slow Thinking



Accomplishment

1. Growth Mindset
2. Goal Setting
3. Habit Frameworks
4. Coaching Habits
5. Common Corporate Habits





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