

WELCOME TO THE JOURNEY TO

Maximize YOUR TALENT

Coaching | Consulting

We help individuals and organizations reach optimal performance.

www.maximizemytalent.com

CONSULTING SERVICES

Who? Small to medium-sized companies.

What? Infrastructure Support & Business Growth

Why? Emotionally healthy workplaces + organizational performance drives business results

Consulting services are available *a la carte or through retainer agreements*

COACHING SERVICES

Our programs are designed to increase emotional intelligence, resulting in less stress and greater productivity.

Every program is effective, customized, and uses the learn-apply method for optimal application.

We believe positive habit change has the power to impact lives and organizations.



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Our coaching and consulting services are designed to cultivate emotional intelligence, enhance leadership skills, and maximize potential in all areas of life.

Join Us On Your Journey

Who We Are & What We Do

Our programs and services are designed to help individuals and organizations cultivate emotional intelligence, enhance their leadership skills, and maximize potential in all areas of their lives.

We empower our clients to reach their *potential* by leveraging their unique *strengths* and *overcoming limitations*."

OUR APPROACH

Our results are backed by research proving that our unique process creates long-lasting results, such as:

- Stress reduced by 25%
- Anger reduced by 13%
- Physical health increased 10%
- Quality of Life increased by 10%
- Positive experiences increased by 19%
- Sales & Productivity increased by 24%



MYT VALUES

Integrity

Wisdom

Transformation

Gratitude

Diversity

Well-being

CONTACT US

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