

Powerful Barrier Breaking System!

During these mindful facilitated learning sessions, participants will have the opportunity to collaborate with one of our certified coaches to tackle what keeps them up at night. The TEBB Method™ is a 4 step system that is designed to increase self awareness. Awareness is the foundation to any change desired. By going through our proprietary system, you will be able to identify barriers and how to best overcome.

The goal is to be able to better identify how stress and challenging situations may be preventing you from being your best self— at work & at home. To not only identify the 'why, what, how' but to also develop a practice to squash negative or limiting beliefs.

These mini-mindset sessions are perfect for your upcoming conference or at headquarters and even virtually. Ideal for all— from leadership to support staff.

Option #1

One-On-One Sessions

This is ideal for anyone that may not feel comfortable discussing their challenges in front of their peers. It's extremely powerful when your attendees work one-on-one with our coaches.

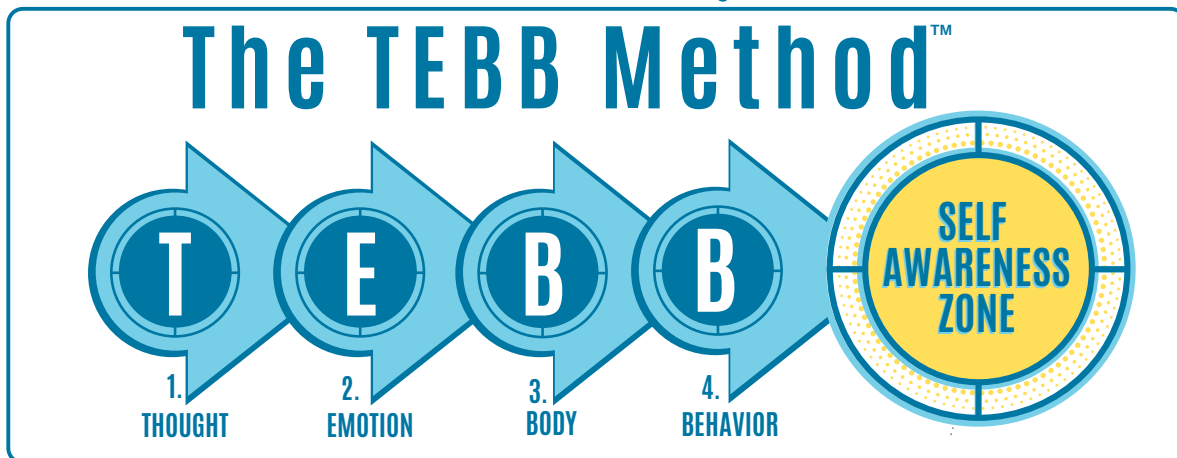
Option #2

Group Sessions

On the flip-side, it's also a tremendous benefit to take part in small group sessions as each person can witness other's pain points and glean possible solutions applicable to their own situation.

This unique experience is available during breakfast, lunch, and break times during your offsite conferences. It's also ideal as a stand alone session as part of your training rotations— offering alternative learning & growth opportunities. We can also conduct these mini sessions at your headquarters or smaller engagements.

Our Signature System



1:1 sessions are 15+ minutes and group sessions are based on the number of participants.
*It's recommended to have 6-8 coachees per coach for group sessions.

Both group & private 1:1 sessions are based on pre-determined topics and are designed to maximize time and focus for fast results.

BENEFITS INCLUDE:

- Increase self awareness
- Shift mindset
- Get unstuck!
- Decrease stress
- Enhance problem-solving skills
- Connect head/heart
- Enhance communication & collaboration
- Increase performance
- Overcome limited beliefs

ALL SESSIONS INCLUDE:

- Option for one-on-one or group sessions
- Various (per-determined) topics based on client's request
- Safe and confidential space to share
- Flexible session schedules
- Best Practices
- POA to move forward
- Accountability