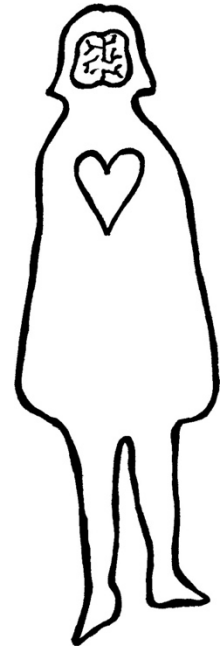


Coaching & Mentoring For Kind Leadership



Is your ORGANIZATION struggling with:

- Difficulty hiring and retaining employees?
- Absenteeism and disengaged team members?
- Internal infighting and lack of collaboration?

Are YOU currently feeling:

- Exhausted, overwhelmed and discouraged?
- Like you can't be your 'whole self' at work?
- Fearful, anxious and disengaged at work
- Grumpy and short-tempered at home?

Feel like you've tried everything, and nothing has worked?

*Then try something different that's **kind** to yourself and **kind** to others!*

Kindness Coaching and Mentoring helps you:

- Identify organizational and personal areas where unkind behaviors are leading to fear-based responses of fight, flight and freeze in yourself and others
- Gain the skills you need to Act, Speak and Think Kindly to reduce and eliminate fear-based actions and outcomes in yourself and your team members
- Stay on track with your practice of The Key Kind Leader Practices and Behaviors
- Feel supported and connected with kindness every step of the way!

Coaching and Mentoring Options:

- **Individual:** Mentoring for ongoing issues and short-term coaching for specific situations
- **Group:** Ongoing mentoring for Leadership Teams and short-term coaching for specific team situations

Kindness solves many things at work, at home and in the community, and sometimes we all need help to act, react and interact kindly!

For more information and to get started, please contact Karyn Ross at

karyn@kindleadership.org

www.kindleadership.org

karyn@kindleadership.org