



Maximize potential & transform for
a balanced, happier & impactful life.

Transform Your Organization

Depression, stress and **anxiety** are costing employers over **\$1 Trillion annually** in lost productivity. Top working professionals, managers and leaders often find themselves in a mental slump due to stress, professional inabilities, poor mental and physical health, a sub-optimal mindset and strains in personal and professional relationships.

We offer a comprehensive and **customized technology platform** for your employees to achieve their best and maximize their potential. With leading practitioners in the areas of Coaching, Assessments, Leadership, Emotional & Cultural Intelligence, Impact, Relationships, Spirituality, Sales and Negotiation and more, you can now hire, train, retain and reward **top talent** to maximize productivity and organizational impact. Customized training, events, and speaking engagements energize your employees, increase productivity and retention.

Our clients include Microsoft, Facebook, AWS, BenefitFocus, TXU Energy, Spectrum Health, SpencerSeth, Capstone Events, Reserve My Star, Cedars International High School, University of Texas, Columbia University, Duke University, Loyola University, University of Ohio & King Abdullah University of Science and Technology (KAUST) and many more.

Coaching, courses, curated digital content and the Safe Spaces Learning Community are available with flexible consumption, and subscription models. To determine your starting point, we offer **online assessments**, followed by **personalized coaching** sessions to jointly develop your growth plan. As you progress, our AI technology will optimize and measure your evolution over time, to maximize potential, impact and engagement.

**Reduce absenteeism, turnover, increase
productivity & employee loyalty.**

For additional questions or details:

Please email coach@maximizeu.life or call **737-300-7667** or visit **MaximizeU.life**

Our courses include:

LEADERSHIP & TEAM MANAGEMENT

- Inspirational leadership and extraordinary management.
- Cockpit: Realize all your commitments with freedom, power, and peace of mind.
- Power catalyst course: Self-leadership, relationships, vision, strategy, and action.
- Managerial effectiveness through enhanced emotional quotient.
- Conflict, crisis management, and changing a culture.
- Leading with cultural intelligence, disrupting bias & mobilizing change.

SALES & NEGOTIATION

- Effective negotiation and sales execution.
- What professional salespeople do differently.
- Creating a winning culture.
- Interviewing skills to create the "WOW" effect.
- The new sales paradigm and how to maximize effectiveness.
- Effective conflict management to move forward amicably in your personal/work life.

FUNDAMENTALS TO LEADING A BALANCED LIFE

- Enhancing personal branding and a growth mindset.
- Discover a better version of yourself.
- Understanding individual change management and better decision making.
- Destress yoga and meditation.
- Unconventional ways in performance enhancement.
- The pathway to lead a more balanced life.

HR & WORKPLACE SAFETY

- Workplace harassment.
- Sexual harassment.
- Diversity, equity & inclusion in the workplace.
- Conflict resolution.

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