



- *Feeling stuck? Need direction? Guidance? Want to EmpowerU! to achieve what you want for yourself or organization?*

DB COACHING & CONSULTING IS HERE TO HELP.

At **DB Coaching & Consulting**, we help empower you to be successful. We provide coaching and consulting solutions through brain-based coaching, positive influence, and organizational development theories to discover and confirm your personal or professional goals and develop a plan to achieve them.

We believe everyone is a leader. We provide expertise and work with you to listen, challenge, motivate, guide, and support you. Leadership development is for everyone.

COACHING

We partner with individuals and organizations to achieve the results that you desire through listening, questioning, and acknowledging. Clients experience an insightful and thought-provoking process to unlock their full potential and feel empowered.

During our sessions, we discover what you want, what is keeping you back, and what it may take to get there. We will work together to identify goals, develop a plan, and implement the plan, with on-going check-ins. Coaching engagements can cover a wide variety of topics including:

- Optimize Your Time & Energy
- Going from Good to Great
- Discovery Your Next Move/Role
- Transition to Leadership/Role
- Enhance your Executive Presence
- Build Your Network
- Team Coaching

PROGRAMS

- [BecomingU!](#)
- [TransitioningU!](#)
- [TeamUp!](#)

CONSULTING

We help you grow and achieve results together. Through our discovery process, we tailor programs to provide solutions for individuals and teams to empower, encourage, and inspire you to get the results you desire. Working globally and across industries, our expertise focuses on

- [Board/Off-Site Facilitation](#)
- [Building High Performing Teams](#)
- [Change Management](#)
- [Leadership Development](#)
- [Mentoring](#)

We provide a variety of solutions that fits your need, whether it is *to provide strategic consultation and support to align to overall vision and goals, design leadership programs/resources, facilitating and implement professional and leadership development programs, and more!*

PROGRAMS

- [EnergizeU!](#)
- [Leadership Essentials](#)
- [Leading through Powerful Conversations](#)
- [Leading through Delegation](#)

