



Feeling *stuck*? Need *direction*? *Guidance*? Want to go from *good to great*? to *achieve what you want for yourself or organization*?

Then DB Coaching and 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 coaching 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 areas: **increase your confidence in a skill or change behavior such as network/build relationships, public speaking, obtain a job, transition into the workforce, transition from individual contributor to leading others, build self-awareness/emotional intelligence, health/wellness, time management/prioritization, and more!**

### 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 provides 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 learning and development programs, facilitating and implement professional and leadership development programs, and more!**

Contact us to **EmpowerU**.



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