

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 is for everyone.

COACHING

We partner with individuals and teams 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, overcome imposter syndrome, assimilate successfully and quickly into your new role, manage your time and energy, explore your next career move, transition from an individual contributor to leading others, build a high-value creating team and more!**

CONSULTING

Do you need support in:

- Lead my team through a change?
- Build trust, resolve conflict, collaborate, create psy safety, resiliency?
- New to leadership and need to quickly assimilate?
- Create a mentoring program and/or need resources?
- Create a performance management process?

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, facilitate and implement leadership development programs, and more!**

Contact us to **EmpowerU.**



Coachingdb.org



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