



World leading athletes and teams seek our expertise to elevate their performance. Now we extend this high-performance coaching to executives and businesses. Generate pull by creating environments where people thrive, achieve, and want to stay.

OUR OFFERINGS

Executives

Executive Coaching

- One on one
- C-suite collective

Culture Immersion

- 1 month intensive
- 6+ month retainer
- 1 year program

Areas of Expertise

- Have hard conversations
- Give and receive feedback
- Use more emotional intelligence under stress
- Prepare for an annual review or interview
- Address and evolve through challenges and failures
- Improve self-awareness and decrease expensive misses as a people leader
- Understand your load and individual stress response
- Refocus after a miss

Leaders & Supervisors

2.5 Day Retreat

- Choose 3 to 5 topics

Full Day Retreat

- Choose 2 topics

Half Day Training

- Choose 1 topic

Co-Created Strategies

- Lead effectively in today's landscape
- Lead through difficult times and crisis situations
- Help entry-level leaders transition successfully to a new role
- Facilitate culture shifts
- Transform assessment results into action
- Promote wellness and sustain high performance
- Use more emotional intelligence under stress
- Become a high performing team

Entire Staff & Large Groups

Keynote

- 50 minutes
- 75 minutes

Conference Workshop

- 50 minutes
- 90 minutes
- Half day

Company-Wide Training

- 90 minutes
- Half day
- Full day

Suggested Topics

- Mental Health for Performance
- (Re)Connecting in remote and hybrid environments
- Effective communication
- Become a better listener
- The mental health conversation is here to stay: develop a language and culture that works
- Celebrate your people and collective accomplishments
- Promoting wellness and sustaining high performance

We love partnering with people taking on big challenges and pushing limits. We take concepts that can be viewed as uncomfortable and make them approachable and practical. From initial introduction to strategic integration, we empower leaders to embrace the humanity of their staff to maximize performance and set an organization apart from its competitors. Tell us the results you want, let's get there.

Contact behuman@drtoogood.com

Virtual, In-person, Hybrid options available

