



# Sara Oliveri

## Coaching & Consulting

Sara is one of fewer than 300 people in the world to earn her Master's degree in positive psychology – the science of optimal human functioning.

Positive psychology answers questions like:

*What makes workers engaged?*

*How can I bring my company through a difficult time stronger than before?*

*What creates the energy a team needs to succeed?*

## Consulting Services

### Active Communication Training

**Leadership Development** - We coach managers to make simple, powerful shifts in communication & culture practices that will engage your employees, wow your clients, and boost your bottom-line. Our work is founded upon market research and positive business management studies.

**Team Training** - We coach employees at all levels to communicate more consistently and effectively. Employees who communicate regularly and get along on a personal level are more innovative, productive, and committed to your company.

**Layoff & Downsizing Consulting** - We help your business navigate through necessary layoffs and help ensure that remaining employees do not become overworked & disengaged. Downsizing is uncomfortable, cold, and challenging; but, it doesn't have to be this way.

### Appreciative Inquiry Facilitation

**Strategic Planning** - Appreciative Inquiry offers a collaborative, strength-based approach to strategic planning. Our approach uses the strengths and values that already exist in your organization to implement your change agenda and achieve your highest goals.

**Change Management** - Our approach to managing change is to identify and cultivate your organization's current strengths and the practical shifts that will help you transition successfully. After identifying the most important areas for growth we will guide your managers & work teams through positive change.

## What Does Your Company Need?

- 1 A **leading-edge strategic plan** that will inspire employee commitment and guide the company to long term success.
- 2 Managers who successfully **motivate and develop employees** to create an effective and engaged team.
- 3 A positive culture **that boosts company morale and productivity.**
- 4 Managers & executives who **increase profit and retention** by giving employees meaningful feedback.
- 5 A plan to ensure that the company **successfully navigates change** and emerges stronger and more profitable than ever.