



Sara Oliveri^{,MAPP}

Coaching & Consulting

Sara is one of fewer than 250 people in the world to earn her Master's degree in positive psychology – the science of optimal human functioning. Trained by the field's founder, Martin Seligman, at the University of Pennsylvania, Sara will bring the science of success to your organization.

Positive psychology answers questions like:

What makes workers & clients engaged?

How can I make my organization stronger in a difficult time?

What creates the energy a team needs to succeed?

Services

Active Communication Training

- **For Managers & Executives** - We train leaders to make simple, powerful shifts in communication that will cultivate loyal, engaged employees and clients. Research proves that the #1 cause of employee and client dissatisfaction is poor communication.
- **For Teams & Staff** - We teach strategies for consistent & effective communication. Business studies show that employees who communicate well are also more innovative, productive, and committed.
- **For Managing Change** - Communication can make or break an organization in transition. We help leaders communicate clearly, consistently, and inspirationally during periods of rapid growth or downsizing to ensure that employees remain dedicated and effective.

Productivity & Engagement Seminars

* We offer a variety of seminars customized to fit your organization. Popular topics include:

- **Aligning Organizational Values** - Learn how to incorporate organizational values into everyday operations.
- **Achieving Balance** - Learn practical skills to help employees achieve greater balance without changing their schedules.
- **Positivity at Work** - Learn how positivity increases engagement and productivity and how to apply the science at your workplace.

What are the outcomes of our trainings?

- 1 A **leading-edge strategic plan** that will inspire employee commitment and guide your organization to long term success.
- 2 Leaders who **motivate and develop employees** to create an effective team and enhanced service to clients.
- 3 A positive culture **that boosts organizational morale and productivity.**
- 4 Managers & executives who **increase profit and retention** by providing employees with meaningful feedback.
- 5 A plan to ensure that your organization **successfully navigates change** and emerges stronger and more enhanced than ever.