

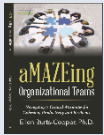
Florida Center for Personal and Professional Development

A Transformational Small Group or One-on-One Retreat Experience for Women

Retreat Overview

The Group Wellness & Transformational Leadership Experience

is an intensive three-day experience with Dr. Ellen Burts-Cooper in Cocoa, Florida. It will address the critical factors associated with socially intelligent leaders and will feature team engagement techniques from her book aMAZEing organizational teams and her wellness renewal model. It will also incorporate physical wellness experiences, along with tips and techniques to **restore, reconnect, rebound, and replenish, renew** managers of teams.



All participants will receive a copy of Dr. Ellen's book *aMAZEing Organizational Teams: Navigating 7 Critical Attributes for Cohesion, Productivity and Resilience*

- Built based on **14 years of data** collection, studying the **most effective teams** in various industries.
- **Seven critical attributes** noted in the most productive teams to drive productivity, cohesion and resiliency.
- Focus of the work is to **influence culture** in organizations.

Dr. Ellen is known for providing practical application and tough but compassionate accountability. Come engage in this unique renewal leadership experience. Be ready to transform your approach to transform your team!!!!



www.improveconsulting.biz | help@improveconsulting.biz

Small Group Experience

Day 1 Experiences

- **Social Intelligence:** Influencing Others Through Multiple Levels of Empathy
- **Wellness Renewal:** Defining Ideal Self, Perspectives, Self Expression and Self Care

Day 2 Experiences

- **Social Intelligence:** Developing Others through Teamwork, Coaching and Feedback
- **Wellness Renewal:** Forgiveness, Personal Growth, Energy and Resilience

Day 3 Experiences

- **Social Intelligence:** Inspiring Others, Mastering Organizational Awareness, Using Attunement to Drive Productivity
- **Wellness Renewal:** Adapting to your environment, Creating Learning Opportunities and Reflection

Organizational Benefits:

- A full action plan brought back into the organization to transform team dynamics to measurable levels of productivity, cohesion and resiliency.
- A way to recognize and appreciate leadership excellence of high contributing managers.

SI Leader Benefits:

- Develop new and enhance existing team development skills.
- A resort experience to renew your energy.

Who Should Attend:

High potential corporate female leaders formally managing teams

Organizations can either send 1 participant to join in a general session or send 6 participants for a customized experience for their organization

(limited to 6 women per experience)

Individual Participants - \$4,500

Customized Group Sessions for 6 Women - \$2,700/participant

Rate includes course materials, leadership seminars, wellness activities, accommodations, food and ground transportation.

Airfare not included.

1/1 Experience

Day 1 Experiences

- **Individual Planning:** Setting Intentions, Creating Goals and Defining Expectations
- **Wellness Renewal:** Self Care

Day 2 Experiences

- **Individual Planning:** Action Plan Management and Resource Management
- **Wellness Renewal:** Personal Growth, Energy and Resilience

Benefits:

- 1/1 intensive strategy sessions resulting in a comprehensive personal and professional development plan

Who Should Attend:

High potential corporate females needing to reset or design a personal and/or professional plan

1/1 Coaching - \$3,850/participant

Rate includes course materials, leadership seminars, wellness activities, accommodations, food and ground transportation. Airfare not included.



Hosted on the Indian River in
Cocoa, Florida