

CORPORATE EMOTIONAL WELLNESS PROGRAMS

Create Emotionally Intelligent teams resulting in:

- Greater Retention
- Higher Productivity
- Increased Morale



OFF-SITE | ON-SITE | ONLINE

Our Consultants can come to your facility to present to your team or organization (recommended). We are also able to host up to 400 participants near our downtown Akron facility or up to 100 participants through video conferencing.

ABOUT US

STEER Your Life Coaching® (SYLC) was developed as a way to incorporate the highly effective and well-respected aspects of Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT) into a non-clinical, simple and easy to remember tool that will help employees with **Stress Management** and **Emotional Intelligence**.

The **STEER** Model helps participants get intimately familiar with their thoughts and emotions in a manner that allows for curiosity, growth and personal development and empowers participants to truly **#BeTheDriver** of their own success.

Our series of workshops, perfect for Lunch and Learns, teach lifelong and lasting lessons that create an emotionally intelligent team. Our **Corporate Emotional Wellness Program** is specifically designed for progressive organizations that want to invest in their employees' long-term happiness helping your organization **Rev Your RPMs (Retention, Productivity and Morale)**



12 MONTH PROGRAM

Program includes monthly workshops for 12 months

6 MONTH PROGRAM

Program includes monthly workshops for 6 months or bi-monthly workshops for 12 months

CONTACT

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