



Maximize U

**MaximizeU—An AI powered technology platform for Institutions & Individuals to Maximize Potential & Transform for a balanced, happier & impactful life. Lead the life you deserve with freedom, power & peace of mind. As an organization, Reduce Absenteeism, Turnover, Increase Productivity & employee Loyalty.**

Depression, stress and anxiety are costing employers over \$1 Trillion annually in lost productivity. Top working professionals, managers and leaders often find themselves in a mental slump due to stress, professional inabilities, poor mental and physical health, a sub-optimal mindset and strains in personal and professional relationships.

We offer a comprehensive and customized technology platform for your employees to achieve their best and maximize their potential. With leading practitioners in the areas of Coaching, Assessments, Leadership, Emotional & Cultural Intelligence, Impact, Relationships, Spirituality, Sales and Negotiation and more, you can now hire, train, retain and reward top talent to maximize productivity and organizational impact. Customized training, events, and speaking engagements energize your employees, increase productivity and retention.

Our clients include Microsoft, Facebook, AWS, BenefitFocus, TXU Energy, Spectrum Health, SpencerSeth, Capstone Events, Reserve My Star, Cedars International High School, University of Texas, Columbia University, Duke University, Loyola University, University of Ohio & King Abdullah University of Science and Technology (KAUST) and many more.

Coaching, courses, curated digital content and the Safe Spaces Learning Community are available with flexible consumption, and subscription models. To determine your starting point, we offer online assessments, followed by personalized coaching sessions to jointly develop your growth plan. As you progress, our AI technology will optimize and measure your evolution over time, to maximize potential, impact and engagement. Our courses include:

## **LEADERSHIP & TEAM MANAGEMENT**

- ✓ Inspirational Leadership & Extraordinary Management
- ✓ Cockpit-Realize all your commitments with Freedom, Power & Peace of Mind
- ✓ Power Catalyst course-Self-Leadership, Relationships, Vision, Strategy, Action & Sustainability
- ✓ Managerial Effectiveness through enhanced emotional quotient

- ✓ Conflict, Crisis Management & Changing a Culture
- ✓ Leading with Cultural Intelligence, Disrupting Bias & Mobilizing Change
- ✓ Spiritual & Shared Leadership for sustainable change & agility
- ✓ Enhancing motivation and employee engagement
- ✓ Perfecting Time and Resource Management
- ✓ Leadership Fundamentals series-100% Responsibility, Curiosity Mindset, Stillness & Mindfulness, Vision & Values, Foundational Habits

## **SALES & NEGOTIATION**

- ✓ Effective Negotiation & Sales Execution
- ✓ What professional Salespeople do differently
- ✓ Creating a Winning Culture
- ✓ Interviewing Skills to create the "WOW" effect
- ✓ The New Sales Paradigm & how to Maximize Effectiveness
- ✓ Effective Conflict Management to move forward amicably in your personal life and at work

# FUNDAMENTALS TO LEADING A BALANCED & HEALTHY LIFE

- ✓ Enhancing personal branding and a growth mindset
- ✓ Discover a better version of yourself
- ✓ Understanding individual change management & better decision making
- ✓ Destress Yoga & Meditation
- ✓ Unconventional ways in Performance Enhancement
- ✓ The Pathway to lead a more balanced life
- ✓ Developing the right mindset & perspective
- ✓ Nutrition Fundamentals 101
- ✓ Better diet, exercise and sleep to maximize effectiveness and impact

## **HR & WORKPLACE SAFETY**

- ✓ Workplace Harassment
- ✓ Sexual Harassment
- ✓ Diversity, Equity & Inclusion in the Workplace
- ✓ Conflict Resolution

We look forward to empower you to Maximize Potential, Reduce Absenteeism & Turnover, Increase Productivity & employee Loyalty. For additional details, please email us at **[coach@MaximizeU.life](mailto:coach@MaximizeU.life)**