

# UpLevel

Productions

If you're looking for bite-sized training to add to your existing development programs or as a way of introducing your team to new trainings, these Off the Shelf offerings are a great option. They're affordable and efficient.

From building better relationships to managing energy and grief in the workplace, the following workshops and experiential talks are designed to UpLevel the overall well-being + performance of your teams, employees, and organization. Bring us into an All-Hands meeting, or specific tailored event, or to your team gathering. The sessions can be delivered virtually and can be tailored to last between 60-min to a four-hour time frame. Prices range between \$1,200 - \$ 4,500 USD based on the length of the session and the amount of customization.



# Off-The Shelf



## Building Magnetic Relationships

Are you ready for better relationships? Learn and practice Foundational Relationship Skills to build deeper connections and create magnetic relationships with yourself, others, and the greater systems you are a part of.

## Enhancing Digital Wellness

Burned out? Addiction to email, screen and pandemic fatigue are impacting organizations' ability to create safe, engaged cultures of wellbeing. Learn tips and tools to help form a healthier relationship with technology and boost digital wellness.



## Increasing Emotional Leadership

Form a healthier relationship with emotions by understanding the scientific & evolutionary purpose behind them. This work is designed to enhance emotional fitness and offers ways to lead with emotions in a responsible and resilient way.



# Off-The Shelf



## Harnessing Head Trash

Heighten your self-awareness to better understand how self-limiting thoughts and beliefs can sabotage your well-being. Learn how to identify and trash these destructive patterns.

## Resiliency

We use cutting-edge leadership and relationship development strategies by combining ancient energy tools that integrate the whole person to improve resiliency to face adversity and the challenges of these modern times.



## Accelerate Your Feedback Game Through Coaching Skills

Do you want to have more effective feedback conversations? This session will strengthen foundational coaching concepts/skills and an understanding of The Feedback Essentials. You'll practice Feedback Conversations and experience



how coaching can improve performance and unlock high-performance results in individuals and teams.



# Off-The Shelf



## Collaborative Communications

Learn foundational coaching skills such as listening, questioning, and acknowledging to improve trust, collaboration, connection, and experience more effective communication between peers, direct reports, and leaders.

## Identifying Leadership Purpose & Uncovering Values

Gain clarity on what's most important to you - your unique blueprint. Create greater alignment to your values by uncovering and being able to articulate how you are meant to serve (others, your organization, and beyond) and the impact you are here to have.



## The Power of Intention

Leaders need to be clear on their intentions in order to lead powerfully, develop others and achieve desired business results. Experience breathwork techniques and focused visualizations to activate clarity and walk away with the tools needed to move visions and goals forward.



# Off-The Shelf

## Managing & Understanding Grief in the Workplace & Schools

\$300 Billion - That's the annual amount Grief and Mental Health Challenges cost US Organizations (Grief Index). By learning the myths of grief and understanding everyone's grief journey is unique, organizations can Uplevel the well-being of their employees and create a supportive, inclusive culture where grief is included and honored. Make your workplace grief safe. Our training for employees, educators, and community leaders helps organizations understand, train and support their people through individual and collective grief.



# About UpLevel

Founded by Christie Mann, MA, CPCC, PCC, and Rachel Baldi, CPCC, PCC, UpLevel creates, produces, and delivers Transformative Experiences, Workshops, Training, Events + Media that develop leaders who make our world a healthier, more alive, and connected place to be.

UpLevel are licensees of Co-Active and Graydin coach training and leadership development programs around the world to support the transformational growth of individuals and culture inside the workplace, schools and organizations.



Christie Mann, MA, CPCC, PCC



Rachel Baldi, CPCC, PCC,  
Certified Grief Coach



# Build an Engaged and Purpose-Driven Team and Workforce

*Executive & Leadership Coaching and Trainings That Equip Leaders to Lead More Purposefully and Bring More Humanity into the Workplace in the New Landscape of Leadership*

## **Our clients come to us because they are interested in:**

- Creating a coaching culture:
- Leading through ambiguity/change (i.e. the current world events & hybrid work cultures etc.)
- Recruiting and retaining top talent
- Developing an inclusive, safe and equitable environment
- Enable innovation and driving business results

We are the proud and official licensees of the Co-Active Coaching, Leadership, and Relationship development products from CTI (the world's oldest and largest in-person coach training school) and coaching products from Graydin for schools, educators, and administrators.

We have served over 300 organizations, some of the world's-leading organizations, such as Google, LuLulemon, BDO, and Disney, where we've trained over 10,000 leaders, in 100 countries worldwide.

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# *The UpLevel Podcast*

Listen to the first season of the UpLevel Podcast: "Creating a Coaching Culture"



**Ep 1:** *"Inspiring Managers to Transform Into Courageous Coaches" with Kvon Tucker*

**Ep 2:** *"The Power of Engagement" with Kelly Jones Waller*

**Ep 3:** *"The Coaching Mindset for Educators" with Quinn Simpson*

**Ep 5:** *"The Science of Coaching at Work" with Andrew Soren*

**Ep 6:** *"Creating a Coaching Culture Recap & Call to Action" with Rachel Baldi, CPCC, PCC*

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# UpLevel Productions

We create, produce and develop Transformative Experiences, Workshops, Trainings, Events + Media that support people of all ages to expand consciousness and deepen into the full range of their human experience.

We are experts in training cadres of internal coaches, developing coaching cultures and organizational leaders who take a coach-approach to leadership to bring out the best in others.

We also support educational revolution by training teachers, students and school leaders to use coaching skills. We do this through being proud Licensees of The Co-Active Training Institute organizational & relationship products and Graydin products for schools.

In addition, we offer a suite of UpLevel products and services to support the engagement, health and wellbeing of you, your organization, community and family. We specialize in Publishing and developing Emotional Leadership & Resiliency and Navigating End-of-Life & Grief in the workplace, family and community eco-systems.

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