



COACHING & CONSULTING
"CREATING HEALTHIER MINDSETS TO IMPROVE
RELATIONSHIPS AND CONNECTIONS"

CORPORATE EMOTIONAL WELLNESS PROGRAMS & SERVICES

WWW.HBMCOACHING.COM

Brenda Colter
HBM Coaching & Consulting
330-620-1051
herbeautifulmind220@gmail.com

Pricing Valid Until :
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Introduction



Our Mission

HBM Coaching & Consulting wants to improve your team by enlightening them on the positive physical, mental and emotional impacts of developing and maintaining a healthy mindset. It's much more than just lip service. Emotional regulation and stress management are the primary focal points of all of our programming and services. Our series of workshops, perfect for Lunch & Learns, teach lifelong and lasting lessons that create an emotionally intelligent team.



Our Vision

Our Corporate Emotional Wellness Program is specifically designed for progressive organizations that want to invest in their employees' long-term happiness by empowering them to #BeTheDriver of their own Emotional Wellness by utilizing the proprietary process, STEER Your Life Coaching® Model.



Workforce Facts

62%
Absenteeism Rate
Due to Mental Health
Concerns

20%
Employees Are 20%
More Productive
When They Are Happy

1 in 3
Cases Of Presenteeism
Are The Result of
Unmanaged Stress

37%
Happiness Can
Increase Sales By 37%
For Salespeople

About Our Founder



Pain only lasts so long before it manifests into magnificence



Brenda Colter FOUNDER & CEO

Brenda Colter is the owner of HER Beautiful Mind, managing partner of SYLC Consulting and founder of #BeTheReason and The Ohio Coalition for the Prevention of Black Maternal Toxic Stress (OCPBMTS).

Upon overcoming the mistakes of her youth and her own childhood traumas, she quickly climbed the corporate ladder of a Fortune 500 company as a Workforce Development Specialist before deciding that most companies had no clue how to improve employee performance. HBM Coaching & Consulting utilizes her role as an Emotional Wellness Expert and Mindset Trainer to present stress management in a way that makes it clear and practical to others.

It is her mission in life to show the world that no matter where you've come from, no matter how you've been burned, it's always possible to rise up from the ashes and begin anew.

Why This Work Is Important



Emotional intelligence enhances one's ability to make sound decisions, build and sustain collaborative relationships, deal effectively with stress, and cope to a greater degree with constant change



Research published in the American Journal of Pharmaceutical Education proves that an increase in emotional intelligence enhances one's ability to make sound decisions, build and sustain collaborative relationships, deal effectively with stress, and cope to a greater degree with constant change.

This means that it enables an employee to not only to perform well in the workplace, but also in accomplishing various other goals and objectives in his or her life. Employee happiness has increasingly become an imperative in business as there is now growing evidence that when one's employees are happy, organizations thrive. One study from the Social Market Foundation found that happy employees are up to 20% more productive than unhappy employees. When it comes to salespeople, happiness has an even greater impact, raising sales by 37%.

Knowing that happiness is linked to productivity, this program provides a portal for that happiness by showing employees that they are valued. In his book, *The Truth About Employee Engagement*, Patrick Lencioni boils workplace happiness boils down to wanting to feel like who you are matters, that what you do has an impact, and you're making progress. Most companies are overly focused on what they do but overlooking and minimizing who is doing the work, and how it's being done. While job security and financial stability are important to job satisfaction, so are opportunities to use one's skills and abilities.

The bottom line is that people need to continue to grow in order to remain engaged and productive.



What We Do

Most Requested Programs

*discount pricing available for 501c3 non-profit organizations



Workplace Etiquette & Decorum Workshop Series - \$3000

During each workshop we work together on specific skills needed to develop the necessary emotional intelligence and growth mindset that is needed to be successful (active listening, problem solving & analysis, research, creativity...) and we also perform exercises actually demo how each concept can be used in the workplace.**

- Part 1
 - Provides an overview of appropriate workplace behavior and why it's important (timeliness, attentiveness, appearance, and general do's and don't's refreshers)
- Part 2
 - Provides a more in depth viewpoint regarding the importance of coachability & understanding and utilizing constructive critique
- Part 3
 - Final workshop reviews the importance of adaptability, communication and interpersonal connectivity.



Full Corporate Emotional Wellness Program - \$6000 or \$8000*

The full program was created as more of a partnership for a more procedural function improvement. This is a 6 month program created to not only train, but to also provide a consistent assessment of goals and improvement based on metrics identified by the employer.**

- STEER 101 - 21 Days To Train Your Brain
 - Thought Awareness
 - Thought Analysis
 - Thought Management
- Workplace Etiquette & Decorum Workshop Series
- 4 Additional monthly presentations to improve workplace performance (determined during consultation)
- Measure baseline, midpoint and ending results based on your metrics
- Act as an ad hoc liaison between employees and leadership as it relates to mental & emotional health assistance
- 10 OR 20 1 hour coaching sessions for employees over 6 months

*Price point is contingent upon whether the 10 or 20 coaching session option is selected.

**Programs are also customizable to meet your company's specific needs - If you are interested in a customization, please let me know and we can discuss it in greater detail.



Additional Presentations & Workshops

In addition to our established programs, we also offer individual workshops and presentations. All Instructional Design is performed in house, making all presentations fully customizable to meet your organizational needs.



MOTIVATIONAL TEACHING -

\$600 per presentation/workshop

\$3000 per presentation/workshop series

STEER 101: 21 DAYS TO TRAIN YOUR BRAIN (SERIES)

Intro to Emotional Wellness Self Coaching

WORKPLACE ETIQUETTE & DECORUM (SERIES)

Expectations of the Workplace

NAVIGATING THE LEADERSHIP SHIFT (SERIES)

Managing with Heart During & After a Crisis

TRAUMA INFORMED DE-ESCALATION & CONFLICT MANAGEMENT

Leading with Your Heart

NAVIGATING LIFE'S ROADS

With Emotional Intelligence

UNSTUCK YOURSELF

Procrastination Elimination

OBTAINING WORK/LIFE BALANCE

Finding Alignment

STOP SPINNING YOUR WHEELS

Overcoming Overthinking

MIND FULL OR MINDFUL

Demystifying Meditation

SETTING HEALTHY BOUNDARIES

Cultivating Meaningful Relationships & Connections

FINDING FORGIVENESS

For Yourself and Others

FUEL YOUR SOUL

Taking Self Care Beyond Bubble Baths

DESTROYING COMMON & UNCOMMON LIMITING BELIEFS

Shifting Your Mindset to Living Limitlessly

ADVERSE CHILDHOOD EXPERIENCES

How They Impact Our Mind, Body & Soul

Get Over Yourself

Reclaiming the Power & Beauty From Your Past