

# THE GAME CHANGER

## WHO WE ARE:

- At TPE Coaching & Consulting, we believe that companies are only as successful as their leaders as well as their employees. That's why we offer a customizable "Game Changers Masterclass Program" that serves as an added offering to your employees, the blueprint for comprehensive leadership training and employee wellness solutions with accountability. We understand that a happy and engaged workforce is crucial for any business to thrive, which is why our deliverables are focused on improving morale, engagement, reduce quiet quitting and high turnover while reinforcing your company's foundation.
- Through our individual one-on-one coaching and engaging team culture development workshops, we help your team transform the effects of stress into a source of inspiration that powers their personal and professional growth.
- We believe that everyone has the potential to be a Game Changer, and the team at TPE is here to help yours unlock theirs.



Erika Obando, M.C.L.C.  
President, CEO  
TPE Coaching & Consulting  
Master Certified Life Coach



SCAN ME



## WORKSHOP LINEUP



### Accountability & Impact Mastery

- Tools For Showing Up Authentically
- How To Disarm Self-Sabotage
- Accountability and Well-being Tools
- Transform Challenges To Opportunities



### Public Speaking for Your Business

- Overcome Public Speaking Fear
- Articulate Your Business Confidently
- Crafting Your Story Telling Message
- Roadmapping Your Speaking Goals



### Hard Conversations With Ease

- Mastering Active Listening
- Communicating with Clarity & Precision
- Managing Emotions to Stay in Control
- Framing & Reframing Conversations for Positive Outcomes



### Self-Auditing & Team Building

- Managing Your Emotional Wealth
- Self-Care & Management Routine
- Permission to Hit The Reset Button
- Transforming Pain Points to Joy Points



### Bridging The Generational Gap

- Understanding Generational Differences
- Leveraging Strengths & Commonalities
- Developing Negotiation Techniques
- Mentorship - The Key To Success



### Managing Life's Flow Gracefully

- Embracing Adaptability & Flexibility
- Defining Healthy Boundaries
- Simplifying Your To Do Lists
- Delegating With Confidence