



Encompass Coaching

Engaging training and development on insightful topics, that combine Encompass Coaching's holistic life performance coaching methodology with engaging presentation.



ENGAGE.
INSPIRE.
SUPPORT.

Encompass Coaching provides professional career development services, that enable team members to create sustainable success strategies within the workplace, while assisting employers in maximizing their talent development and succession pipelines, and fostering a workplace where Team Members thrive as their most resilient selves.



WORKSHOP & WEBINAR TOPICS

All trainings are available virtual or in-person, and are customizable based on your organization's needs and priorities.

WORKSHOP

DETAILS

EVERYDAY RESILIENCE

BANISH STRESS & OVERWHELM
WHILE BUILDING MODERN
EVERYDAY RESILIENCE

- How stress and overwhelm stand in our way of true success and fulfillment.
- The reality and impact of mental health on our lives, families and careers.
- Learn four holistic tools to start naturally managing and decreasing your levels of stress and overwhelm at work and at home to build everyday resilience.

WORK-LIFE HARMONY

STRESS MANAGEMENT,
HOW TO AVOID BURNOUT, &
CREATE WORK-LIFE HARMONY

- The impact of stress on daily life.
- Making lifestyle shifts with your mindset and how you care for yourself.
- How rituals and routines can help you create better work-life harmony.

THE RESILIENT LEADER

THE NEW ERA OF LEADERSHIP
& MAKING A POSITIVE IMPACT
AT ANY LEVEL

- What qualities make a 'Resilient' Leader?
- Learn how to demonstrate resilient leadership in everyday living.
- The journey to expanding your personal leadership and creating a unique development plan.

THE GOAL GETTER

THE ROADMAP TO SETTING
AND ACHIEVING POWERFUL
GOALS TO HELP YOU LEVEL
UP YOUR PERSONAL LIFE & CAREER.

- Tap into your vision for the future with value based goal setting.
- Learn how to set powerful goals and develop an inspired action plan.
- Setting yourself up for success with goals; how to manage your time, energy, and hold yourself accountable.

[SCHEDULE A CONSULT](#)
[WITH ENCOMPASS COACHING](#)



CUSTOMIZE YOUR TRAINING

Have something in mind that isn't listed?
We can customize a training specifically for your team's needs.

OTHER TRAINING TOPICS:

- Communication & Time Management
- Cultivating a Powerful Mindset
- Coping with Stress & Anxiety at Work
- Modern Productivity
- Overcoming Fear, Self doubt, & Building Self-confidence
- Courage & Resilience
- Time Management & Boundaries
- Holistic Wellness & Self-care for Life & Business

LEARN MORE

Learn more about building and customizing a training specifically for your team by booking a collaboration call.

During this initial phone call we will discuss your team's needs, your goals as an employer, and how we can deliver.

[SCHEDULE A CALL](#)

Or, reach out to
Kimberly@encompasscoachingservices.com



Hello, I'm Kimberly



I'm an internationally certified Mindset & Resilience Coach specializing in mindset, stress and anxiety management, performance, confidence, and goal achievement. I help busy professionals stop stressing and focus so they can truly FLOURISH within their careers, families, businesses, relationships and personal lives.

With over 11 years of talent acquisition, recruiting and staffing experience, I know why employees voluntarily leave their jobs and seek out new opportunities. Leadership and working culture. Team Members want longevity, but they also want to feel valued, challenged, and have opportunities to grow professionally, and personally.

The pandemic has changed the way we live and work, and has brought new and existing talent management challenges front and center. We've moved from "The Great Resignation", where more than 33 million Americans voluntarily left their jobs, to now what is being called "The Great Reset".

With the high cost of turnover, you have to make retention a priority. In this new world of constant change, working remotely, and even greater demands on our time and personal lives, Team Members need more support to be at their best and most productive. This directly impacts your bottom line.

I collaborate with private employers, corporate teams, and professional communities to offer engaging trainings that help professionals develop sustainable personal and professional success strategies, while assisting employers in maximizing their talent development and succession pipelines, and fostering a workplace where Team Members thrive.

It would be a pleasure to collaborate with you and support your team. Book a collaboration call so we can start the process of helping your team be happier, healthier, and more productive.

[SCHEDULE A CALL](#)

*With Gratitude,
Kimberly*