

INSPIRIDA

WE ENABLE YOUR SUCCESS



Coaching
Training
Championing

Peak Performance Sustenance[®]



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As successful as you are today, how often are you, your team and your organization still faced with frequent challenges and frustrations of meeting ever more complex demands in an increasingly rapid changing environment?

INSPIRIDA has been founded to help both individuals and corporations in an efficient, pragmatic and focused way to develop sustainable solutions to these challenges, empowering you to continue your personal and corporate success.

At INSPIRIDA, **our focus is to enable you to develop and sustain your best self** – Peak Performance Sustenance[®] - with a unique focus on solutions and deep understanding of the multiple layers of complexity surrounding our modern life. Anyone looking to improving and sustaining their performance by liberating their potential and motivating positive change in all aspects in their lives, we look forward to showing you how our transformational methods work through our solutions focus tools.

Attainable benefits:

- Getting what you want – Goals
- Knowing what is important to you - Clarity
- Taking charge of outcomes that impact your balance - Responsibility
- Being in the driver seat for impacting what is important to you - Accountability
- Getting to your best in the shortest possible time - Efficiency
- Having the tools to sustain that best – Effectiveness

INDIVIDUAL AND BUSINESS SOLUTION GATEWAYS

COACHING

- Individual
- Corporate: Executive and Group
- Assessments and Debriefing Consultation

TRAINING

- Corporate In-House
- Workshops
- Tele-Classes

CHAMPIONING

- Individual

Flexible solution gateways for individual and business needs

COACHING * TRAINING * CHAMPIONING

COACHING

At INSPIRIDA, coaching is a client-centered process that is solution focused and result-oriented, facilitating the enhancement of a client's capacity to make their own choices and create their own style of life to achieve personal fulfillment.

TRAINING

Training at INSPIRIDA constitutes the transfer of methods and technical knowledge to the individual and business organization seeking to approach Peak Performance Sustenance[®], while wishing to internalize and integrating those techniques as part of their daily routines and practices.

CHAMPIONING

Championing is the use of most effective techniques of hypnotherapy to assist an individual towards health and wellness through focusing attention and heightening awareness in a coaching environment. It is a process that assists individuals to recall and uncover information from the past so that their negative emotions are neutralized. Thus, enabling them to confront and reconcile their present problems and issues, resulting in a path to living a more fulfilling life.

Peak Performance Sustenance[®]

CORPORATE SERVICE PORTFOLIO

LEADERSHIP DEVELOPMENT

Leaders are responsible for vision, transformation, and change. They steer the direction to meet expectations. Continuous fostering of improvement beginning with the leader is important to ascertain quality of guidance and performance delivery. INSPIRIDA's programs enhance organizational cultures and promote leadership styles and behaviors that achieve high-impact results.

ORGANIZATIONAL DEVELOPMENT

What makes a good organization great is its people. Committing to the development of its people equates to committing to a healthy bottom line and organizational success. INSPIRIDA's Leadership-followership model of integration aims at developing talent, retaining and enhancing inner-organizational relations through 'soft skills' identification of group synergies.

CHANGE MANAGEMENT

A structured approach to drive and manage change in individuals, teams and organizations to enable the transition from a current status to a future preferred state which require engagement and participation of those involved. By focusing in implementation of procedures, technologies and policies, INSPIRIDA not only supports the incorporation to change but also enabling success in this very competitive and dynamic environment.

CORPORATE PLANNING

Through a solution focused approach INSPIRIDA facilitates the development, planning, and implementation of business strategies in order to quickly respond to the changing market environment. As a result, the organization becomes more customer centric due to a high stake-holders' involvement; key customer and business drivers are identified and transposed to strategic actions, ownership and performance improvement measures.



CORPORATE SERVICE PORTFOLIO

BENEFITS AND COVERAGE

Individuals at diverse hierarchical levels in the organization are all stakeholders of goals and their purpose, ranging from leaders to teams, all seeking to perform at their jobs. Yet inevitably, adversity happens all the time. At INSPIRIDA, by focusing onto solutions as opposed to problems, we enable our clients to achieve clarity and direction throughout. We emphasize *Interaction-Response-Interaction-Response-Action* >> *Direction*, which enables both the individual voice in a team to be heard, while promoting innovation to be generated in a safe and guided environment.

At INSPIRIDA, we are very much concerned with the individual leader and group development dynamics impacting performance. That is why we believe in the enhancement of the leader-group interactional relations by assessing the stakeholders' emotional quotient (EQ) on five key parameters, in addition to being solution focused.

- **Intra-personal**
 - Self Awareness
 - Self Regulation
 - Self Motivation
- **Inter-personal**
 - Empathy
 - Social Skill

Since it is a learnt skill, anyone can be enabled to improve their EQ aptitude.

In Short...

At any level of our service portfolio, we abide by the two *pillars* structuring our aim as coaches and trainers in enabling our clients to achieving Peak Performance Sustenance[®]:

- **Solution Focus (SF)**
- **Emotional Intelligence Quotient (EQ)**

... are well researched and successful methodologies backed by leaders and teams from highly reputed and performing corporations worldwide.

Peak Performance Sustenance[®]

CORPORATE SERVICE PORTFOLIO

Individual Coaching and Group Development is the core platform for building a strong and integrative team whereby the leader and the group interact harmoniously and accentuate beneficial outcomes for the bigger directional aim: achieving **Peak Performance Sustenance**®.



Peak Performance Sustenance Model for Corporations ©

INSPIRIDA helps organizations worldwide transform management vision into practical implementation strategies that deliver accelerated breakthrough results.

We have a proven track record in helping individual and corporate clients improve performance, achieve goals, and enhance leadership-group interactional relationships. Drawing on years of experience in the corporate field and consulting services, we have helped many organizations leverage on their strengths to create and fulfill a vision of excellence.

Our clients value INSPIRIDA's unique assets and approach that help enable their success in an efficient, focused and sustainable way.

We look forward to a more personalized next step towards your success!

Peak performance is the state of bringing one's best mindset level to its peak energy to achieving a sustainable direction towards the goals set-forth. This direction is important to promote acceptance to change in a world of increasing complexity due to accelerated responses and interactions. Sustenance is the mechanism that supports a **continuous state of one's best-self**, transforming the peak into a routine and maintaining it as a way of life and practice.



Peak Performance Sustenance®

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