



Now Offering Services in the Workplace: Empowering People to do their Jobs Better

Struggle



Empowerment

- ✗ Stress at home/work
- ✗ Poor communication with other staff/
with management
- ✗ Workplace bullying
- ✗ Conflicts of interest
- ✗ Negative focus
- ✗ Accountability for what is being
produced
- ✗ Blaming outside forces for lack of effort
- ✗ Major life crisis/ job crisis
- ✗ Lay-offs/ termination, restructuring

- ✓ Staff Empowerment
- ✓ Resolving Conflicts
- ✓ Create Positive perspective/focus
- ✓ Coaching
- ✓ Supporting Staff
- ✓ Providing strategies to improve workplace
and deepen relationships
- ✓ Better productivity
- ✓ Increase in sense of well-being/ happier
work environment = better results
- ✓ Staff using their own resources/capacity
(not underachieving or blaming others)
- ✓ Helping staff cope with crisis/ major
transitions ...reduces impact on work

Sharon will engage with all parties involved in order to understand how they are creating problems, or not coping with life events. She teaches or reminds them the importance of breath and gets to the core of each individual's perceptions. Sharon will help shift everyone to a healthier perception and greater ability to cope and flourish. Sharon uses a variety of techniques and tools to facilitate the coaching: Circle, Group Facilitation, One- on-one coaching, Workshops, Book clubs, Holistic approach, Intuiting Core Issues and many more.



Sharon Oliver offers a free initial consultation to get your group started on the road to organization health. To learn more or book your consultation, you can reach Sharon at sharon@sharonoliver.ca or 416.690.6993