



# ADVANCED COACHING

ONE-on-ONE | GROUPS  
S-M-L Organizations  
(Leadership/Teams/Departments)

## body | brain | vision

a holistic approach that quickly aligns your body, stimulates your brain, and fulfills your vision



## five foundational components

modular components that can be blended, tailored, or singled out for special focus, depending on your goals

- |                            |   |
|----------------------------|---|
| ❖ NEUROSCIENCE Techniques  | Take advantage of Brain Mechanisms – Anticipate & Predict |
| ❖ PSYCHOLOGY Techniques    | Communicate Powerfully, Perceive Accurately, Gain Trust   |
| ❖ BUSINESS Approaches      | Leverage Your Industry's Contextual Advances              |
| ❖ PHYSIOLOGICAL Techniques | Overcome body responses to stress, fatigue, anxiety, etc. |
| ❖ TECHNOLOGY Approaches    | Modernize Your method for advancement & communication     |

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# INDIVIDUALS

- Advance Your Career
- Command Your Interviews
- Adapt, Transform & Innovate in your Life & your Work
- Gain Multi-Generational Skills
- Communicate Powerfully
- Evolve into a Second Career
- Build Strong and Reliable Teams
- Excel in Your Presentation and Your Delivery
- Finally, Have Work/Life Balance
- Find Your Incredible Purpose
- Learn Masterful Negotiation Techniques
- Leverage Your Uniqueness, Maximize Your Difference
- More...

# ORGANIZATIONS

## Leadership Curriculum

- Creating a Positive Work Environment
- Developing a Culture of Learning
- Effective Succession Planning
- Employee Engagement
- Leadership Essentials
- Making Cross-Functional Teams Work
- Setting & Managing Organizational Priorities
- Organizational Behavior

## Management Curriculum

- Advanced Management Skills
- Business Coaching Essentials
- Advanced Business Coaching
- Delegation Skills
- Mastering Difficult Conversations
- Dismissing an Employee

- Effective Management of Top Performers
- Mentoring Techniques
- Facilitating, Mediating, and Negotiating
- Managing Technical Professionals
- First Time Manager Essentials
- Managing During Difficult Times
- Managing Experts
- Managing Organizational Change
- Managing Problem Performance
- Workforce Generations
- Performance Appraisal Essentials
- Performance Management
- Strategies for Successful Employee On-boarding
- Talent Management
- Business Crises Management
- Thinking Like a CFO
- Thinking Like a CEO

## Communication Curriculum

- Anger Management
- Presentation & Delivery Skills
- Communicate with Diplomacy & Tactfulness
- Effective Communication with the C-suite
- Constructive Feedback & Criticism
- Emotional Intelligence for Business
- Cross-Cultural Communication
- Working with Difficult People
- Getting Results Without Direct Authority
- Interpersonal Communication
- Listening & Negotiating
- Running Effective Business Meetings
- Workplace Conflict

## Personal Development

- Building & Maintaining Trust

- Business Ethics
- Etiquette & Professionalism
- Campus to Corporate
- Critical Thinking Skills
- Dealing with Organizational Change
- Decisiveness
- Effective Time Management
- Generating Creative & Innovative Ideas
- Peer Relationships
- Performance Under Pressure
- Perseverance & Resilience
- Personal Productivity Improvement
- Problem Solving & Decision-Making Strategies
- Public Speaking Strategies
- Telecommuting & the Remote Employee
- Writing under Pressure
- Leading Teams

## Customer Service

- Customer Service Fundamentals
- Customer Service Representative: Process, Professionalism, Skills
- Frontline Call Center Skills
- Inbound Call Center Management