

Growthality

EXECUTIVE COACHING • LEADERSHIP • COMMUNICATION TRAINING





**Are you looking to
make a bigger
impact for yourself,
your team or
your business?**

Our Mission

To optimize individual and organizational performance, growth and vitality. We provide personal and professional development training, coaching and consulting to increase knowledge, skills and engagement.

Motivated and empowered people are results-oriented and purposeful. Our goal is to enhance and add value to the lives of others in all facets of their life.

By following an impactful process, we drive towards:

- Purpose**
- Engagement**
- Optimal Strategy**
- Productivity & Drive**
- Leadership Success**
- Enhanced Performance**

The Path to Impact



HOW WE DO IT

- 01 Identify the need**
- 02 Customize and design the plan**
- 03 Execute the learning experience**
- 04 Evaluate and measure the results**
- 05 Determine next actions**

Experience learning through:

Interactive, engaging and innovative workshops, seminars, webinars, virtual learning journeys, brainstorming sessions, mastermind groups, individual and group coaching.

Topics

- Presence & Presentations
- Effective Communication
- Personal Branding
- Managing People
- Executive Edge
- Productivity & Goal Setting
- Strategic Planning
- Maximizing Strengths
- Critical Thinking
- Managing Change

Our Founder

Kerry Preston is a world class coach, author, facilitator, consultant and motivational speaker with over 20 years of experience. Preston has worked around the globe with luxury brands, individuals, and businesses to help them reach their full potential at work and in life. She has also co-authored three books...**You Did What?**, **You Said What?** and **Enhancing Your Executive Edge**.



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