



## Building Momentum That Lasts

### HOW WE WORK

## We believe stress is optional.

At Mormomentum Consultancy, we specialize in enhancing your team and individual performance and well-being using a Neuroscience based approach.

Our work is effective because it goes below the “behavior iceberg” to work with all the drivers for how we lead, perform or behave.

This results in ***more awareness, better collaboration, healthy conflict, LESS stress and MORE well-being.***

The people and teams we work with feel a stronger sense of belonging, clarity on their purpose and values and gain momentum that lasts.

### WHAT WE DO



## Curated Events

We facilitate highly interactive and engaging events which are meticulously designed to foster connection, learning, and personal growth within your organization.

- Leadership team offsites
- Team building events
- Sales Meetings
- Employee Resource Workshops



## 1:1 Transformational Coaching

Our seasoned coaches use step-by-step method that integrates neuroscience principles to help your employees transform their leadership. The end result is always personal & professional transformation.



## WHY PARTNER WITH US?

### 01 We **\*GET\*** the Challenge

As former C-suite members, we have spent the majority of our careers at senior levels in both HR and Marketing - on a global scale. We've been in your seat.

### 02 Highly Customized Solutions

Every client receives a truly customized solution to help their team grow, find purpose and become clear on values through a series of 1:1 coaching and/or group workshops.

### 03 Neuroscience-Based Change

Our coaching and facilitation focuses on reprogramming the limbic system's 'fight or flight' response using actionable - and measurable - tools.

### 04 You Will Have Fun!

We have had success with companies just like yours. We promise to bring our caring hearts, our sharp, strategic minds and our fun energy!

### Example content...

## VALUES MINING

Empower your team by helping them clarify what truly matters to them, aligning their values with their work & collaboration.

## LEADER WITHIN

People will learn how to authentically lead with confidence and conquer self-limiting beliefs that hinder growth and success.

## NEW PERSPECTIVES

In a fun & "challenging" way we will help people open their viewpoints and become skilled at building empathy.

## WELL BEING FOR REAL

Equip your team with actionable strategies to reduce stress, prevent burnout, and tackle conflict head-on.

**but we always customize!**

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