

Do more with less. Create a positive culture. Improve your bottom line.



Change has been forced upon you. How can you leverage less to get more?

You've heard it said, people are your most valuable asset. The answer is yes IF they are happy and productive. Stressed out employees are distracted. Distracted equals lack of attention on the things your business needs now to get back on track and back to thriving.

Imagine everyone of your people coming to work (or working from home) feeling good. Do you think good results would follow? Gallup research has found that what people think of when it comes to a "good life" (work or personal) is universal. It's things like relationships, connectedness, feeling loved and valued. Tony Robbins calls it the 6 Human Needs. However you define it, happy, positive people are more confident, secure and productive.

So, what does this have to do with your business results?

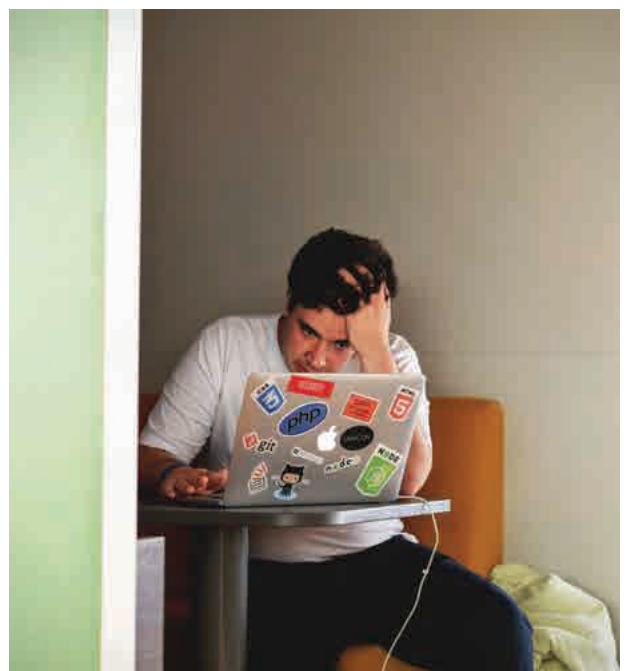
We spend 30% or more of our lives in the workplace. People are bringing their life (good or not) to work and it's affecting your bottom line.

What are stressed people costing you?

95% of HR leaders said in a survey that **employee burnout** is "sabotaging workforce retention."
(Source: Kronos Incorporated and Future Workplace)

57% of employees who said they were very stressed at work felt **less productive** and disengaged.
(Source: Tower Watson)

Roughly \$500 billion is lost because of **workplace stress**. (Source: American Psychological Association)



On the flip side?



Employees who are engaged are 27% more likely to report “**excellent**” performance. (Source: Gallup)

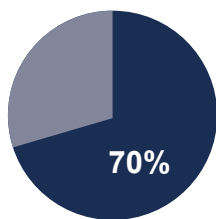
Employees who exercise their strengths daily are 8% more **productive** and 6X more likely to be engaged. (Source: Gallup)

More **positive employee experiences** result in twice the level of discretionary effort (95% compared to 55%). (Source: IBM)

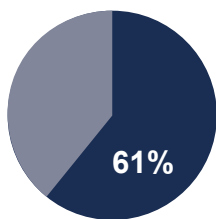
How do innovative companies ensure they are drawing the best out of the people they have and in-turn getting the highest level of performance from them?

We know it's a lot about company culture. Progressive companies also know that it not only requires cutting-edge strategies to compete in today's marketplace. It takes out-of-the-box thinking to keep employees happy and performing at a high level. But is a ping-pong table or Halloween costume contest going to help your employees maximize their potential and your bottom line? What if you can't do your usual company culture building activities anymore due to work from home strategies or requirements? There is an option.

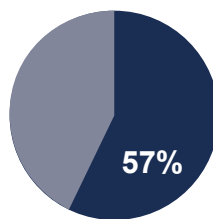
How would performance improvements like this affect your business?



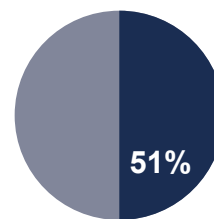
Improved
Work
Performance



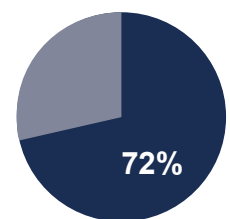
Improved
Business
Management



Improved
Time
Management



Improved
Team
Effectiveness



Improved
Communication
Skills

These kinds of improvements (Source: ICF) are possible when employees are given the opportunity to become happier people in life. Enter life coaching at work.

Will coaching work for my company?

Extensive research demonstrates that life coaching in the workplace improves employee well-being, job performance and ultimately your bottom line. Coaching focuses on helping people discover their strengths. They learn to appreciate their contribution to the organization and maximize their full potential. This leads to personal resilience, less stress and the ability to pursue new ideas through increased collaboration and creativity. Sounds like a dream team!



The ICF Global Coaching Client Study validated a significant ROI for companies.

86% of companies say they, at minimum, made their investment back

19% saw an ROI of 50X their investment

28% reaped an ROI of 10X to 49X their investment

If you're like many businesses, you're facing heavier workloads with fewer resources. An ever-changing landscape requires your business to respond quickly, accurately and confidently. To achieve your organization's full potential, you need employees who are equipped to do the same.

It shouldn't be so hard to achieve consistently high results. Explore how life coaching helps you do more with less, elevate your culture and improve your company bottom line. Reach out to me today.

Contact me to bring positive change and improved bottom line to your business.
elissa@es-strategic.com <> 480.262.5058