



Lunch, Munch and Learn

**Looking for a fun, yet productive change of pace for your lunch or munch hour?
Free? On site?**

We bring the learning; you bring the food!

Just choose your topic of interest and call to schedule the date. That's it.

- **Conversations: Which of the three types gets you what you want?**
- **Stress? Handle it with competence!**
- **Work /Life Balance: Quick Fix for a long- term result.**
- **The Dance of Leadership: New moves for stepping up.**
- **Group Coaching on your topic of interest or importance.**

Because outcomes are important to us, we want you to leave with a tangible result -- an action step, a skill to practice, a competency model, a format to follow, a checklist, or a few new moves -- with the experience of coaching for sustainable possibilities.

For more information or to schedule your event, just give us a call.

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