



# WELLBEING@WORK

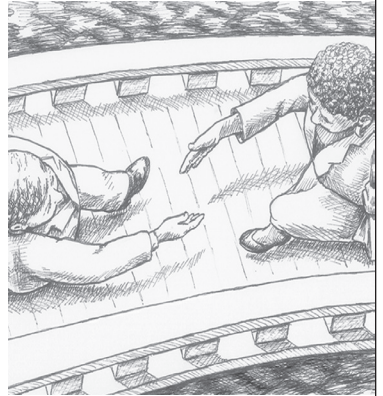
Interconnecting personal and professional growth includes:

**Knowing your self.** Knowing and living your values. Building upon your strengths. Shoring up your weaknesses. Seeing things as they are. Living in a relaxed and alert way. Treating people and life respectfully. Working well. Enjoying your life.

**Respecting others.** Taking the time and effort to listen well. Allowing empathy (understanding) to become a core strength. Recognizing others behaviors and in-grained responses. Accepting that most people are doing their best.

**Delivering upon organizational effectiveness.** Working from your own strengths. Counting on the strengths of others. Clear, measureable objectives. Code of Conduct. Simple process. Focusing upon useful results. Knowing your role and others roles.

**Interconnecting.** Working with you, your colleagues and organizational goals, we will guide you, your teams and your organizational culture. You will develop greater understanding, enhance skills and focus upon effective, useful action. This highly collaborative process will help bring intention (your goals) into action by including a customized integration that can include some or all of these elements:



- Personality profiling instrument. (DISC)
- Coaching/Guiding based upon personal and professional intentions (goals).
- A measurable Personal/ Professional Growth Plan.
- Core Values. Code of Conduct. Standards of Performance.
- Clear Roles. Accountability. Measurement.
- On-going reading and study.
- Introduction to Meditation, Mindfulness and Focused Breathing.
- Body-mind integration and Neuro-Science.
- Healthy habits: sleep, exercise, nutrition.
- Emotional Intelligence.
- Building positive relationships at work and in the world.
- Team and Strategic Action Council at work.
- Co-Mentoring and Quarterly Review.
- Personalized profile.

Understanding that time is precious and that growth matters, we will ensure that time becomes an ally that will not be wasted. We look forward to growing with you and your team!



**John Parsons**, a long time inhabitant of the “C-Suite” and an even longer-term meditator will lead the work. His partner **Kim Nashed**, a professional Yoga Instructor, loving Mom and business owner will assist in all areas related to physical and mental wellbeing.



## COOPERATIVE STRATEGIES

John Parsons johnparsons.cu@gmail.com  
www.cooperative-strategies.com 760 525-1231