

# *Coaching Workshops for Businesses*

*These workshops guide you in being the best version of you, and the best in your business.*

## **Work Life Balance**

Learn how to balance your work and lifestyle. Learn simple and efficient ways to feel balanced in all parts of your life.

## **Business Skills**

Learn the skills necessary to live a business lifestyle. You will receive a business assessment that aligns with this reality. Walk away knowing the business skills you need.

## **Creating Confidence In Your Business**

Discover what confidence means to you. Find the essential confidence boosters that you need to elevate your self-esteem, self love, and life's path. Learn ways to build the confidence in yourself and your life's passion. This will lead to an increase in business sales.

## **Time & Money**

Break through barriers that you have with time and money. Learn ways to increase revenue and spend time consciously.

## **Ways to Enhance Business Performance**

You will receive simple and efficient ways for your business to operate optimally and functionally.

## **Empowering You**

Learn what inspires and motivates you today. Identify the key components to your passion, presence, and purpose. Find your "why" in your personal life and professional life. Walk away feeling alive in your personal and professional life.

## **Mental Strength & Endurance**

This workshop provides you with ways to strengthen your mind, manage your thoughts, and regulate your emotions. You will gain an understanding of the brain and exercises to maximize its strength. You will have the tools it takes to be persistent in the ups and downs in your business.

## **Fueling Your Business Life**

Learn what your body needs for energy on all levels. You will learn how to maximize your energy after this workshop.

## **Anxiety Busters**

Learn the truth about anxiety and ways to handle it. Learn how to calm your fight or flight responder quickly. Learn how to live in a state of peace. This workshop will help you calm your nervous system before meeting new clients, pitch sales, and connect with your clients.

## **How to learn and retain quickly**

Learn the tools necessary to learn and retain information quickly and efficiently. This will enhance your relationships, your business, and your career.

## **Communication Station**

Learn the six key words that are in the way of communication and connection. Identify ways to create connection.

## **A Pathway to Passion and Purpose**

Learn a process that you can use at any time in your life to live in your passion and purpose, and be on your chosen path. Are you making money doing what you love?

## **Conscious Business Relationship**

Learn ways to better understand yourself and your clients. Learn how to deepen your client relationships and learn how to help your clients be better versions of themselves.

## **Visioning**

Learn how to deliberately create the business you really desire. What would it feel like to be the CEO of you?

## **Break Through Barriers**

Learn how to break through fear, and anything in your way mentally, physically, spiritually, and emotionally.

**\*\*Classes online and/or in person\*\***

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