

Keystones Success a training journey

Benefits:

Our training journey has been developed to create **high performance** teams and individuals. It emphasizes the importance of **personal responsibility** in maintaining and sustaining their health and vitality.

You will have more **balanced** and **motivated** personnel with the skills to quickly handle in, and recover from, challenging situations.

The Bottom Line?

TOP Line employees who know how to increase self-awareness and who can **self-manage their energy** across the four keystones: body, mind, emotions, and spirit (values, commitment, engagement).

This training can be given in either **Dutch** or **English**.

Create your success

www.keystonesuccess.com



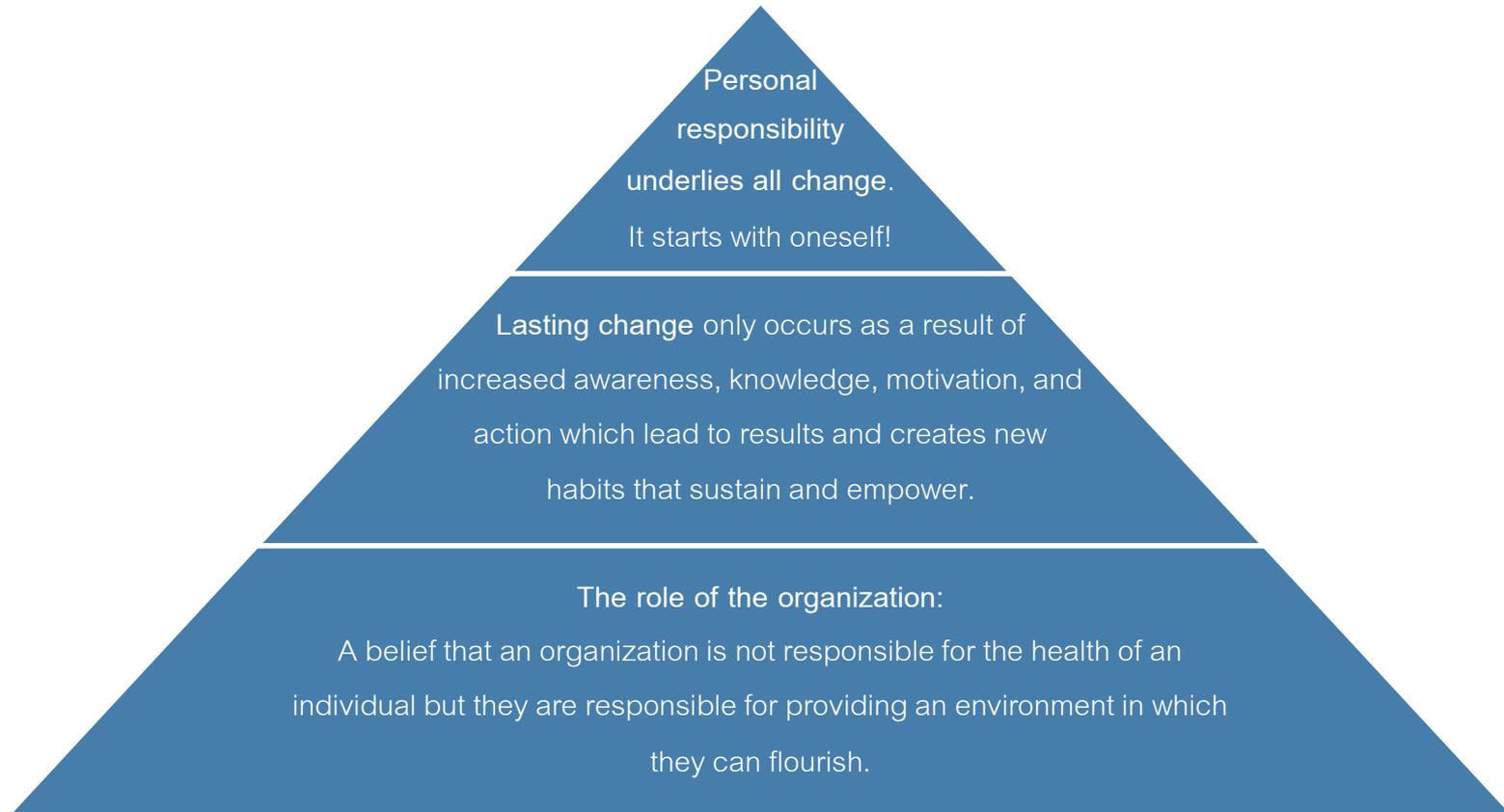
Why our Keystone journey is needed:

- With ever increasing demands, it has become even more important that the **well-being and (personal) leadership** abilities of employees be sustained.
- The costs - high attrition rates and absenteeism - related to these demands are well documented. Greater **stress management and resiliency skills** are needed.
- Physical, mental, emotional, and spiritual (core values, vision, engagement) **energy levels** all **require attention**.
- Time constraints and high workloads require **resiliency strategies** which fit into the normal course of a day.
- Positive lifestyle changes are critical to success and they need **ongoing support** to be achieved and maintained.

Keystone Success Foundations:

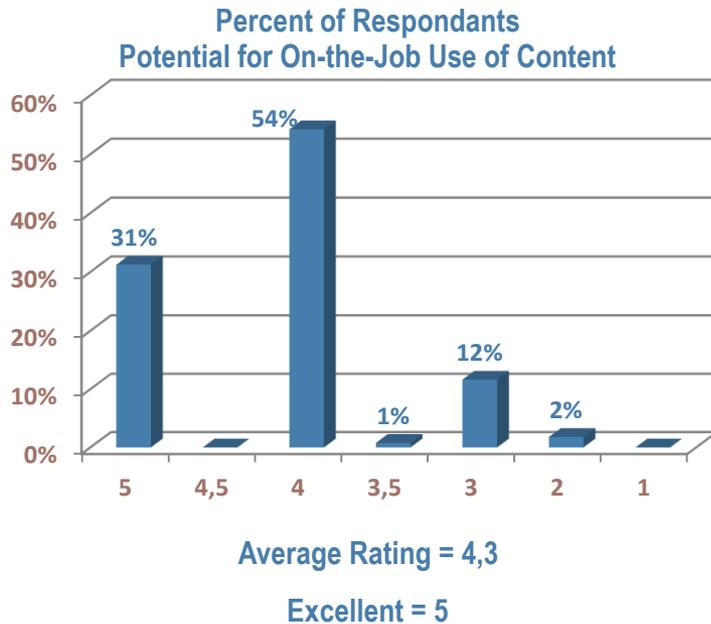


Our underlying vitality pillars include:



The participants speak about their experience:

Based on evaluations from 420 participants.



Keystones 4 Resiliency – areas covered include:

Identify personal energy
drainers & gainers

Gain insights into stress: what
it is, and how toxic when left
unmanaged

Recognize your signs and
symptoms of low resiliency

Develop personal solutions to
balance energy and vitality

Personal Action Plan

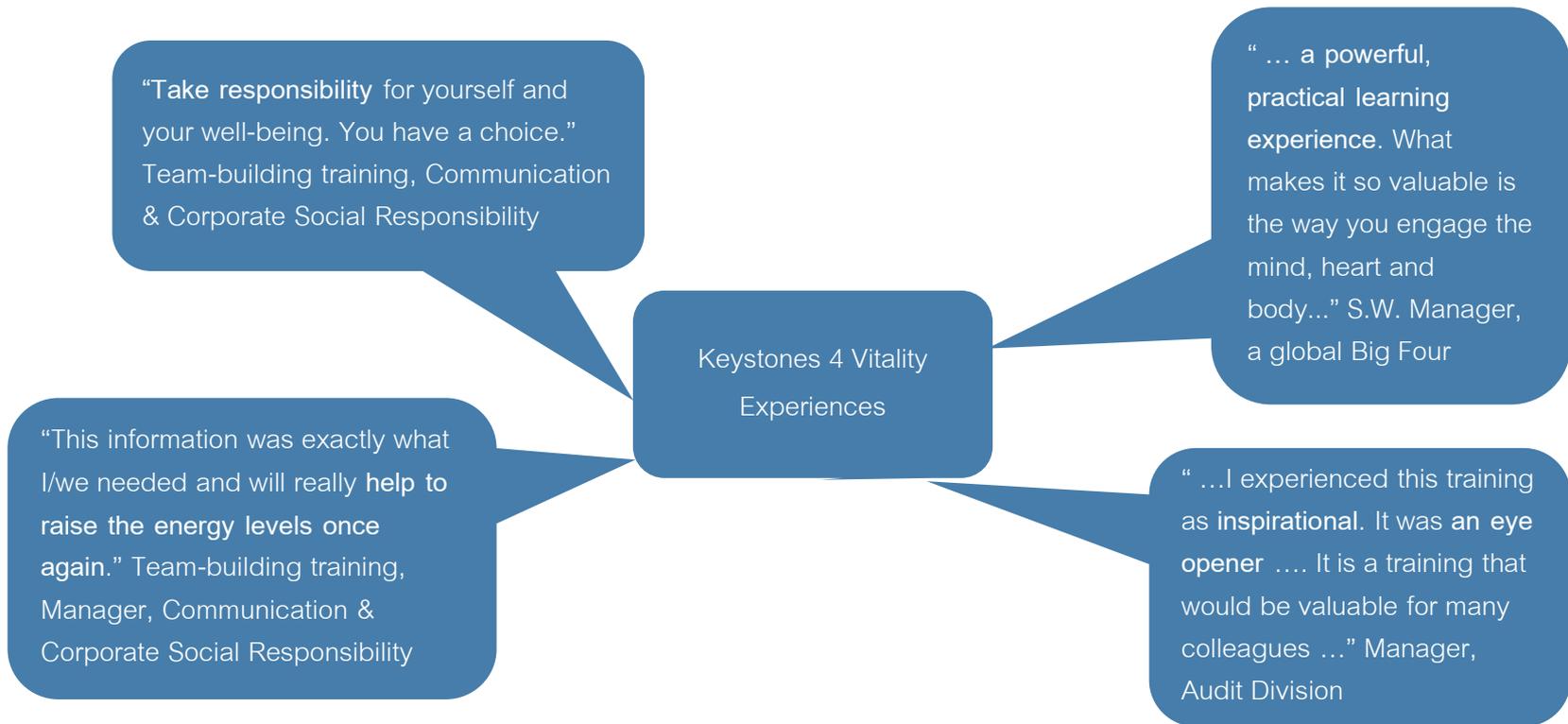
Learn and apply techniques to
develop emotional self-mastery

Understand how to break
and make habits

Learn and apply self-
awareness / mindfulness skills
to stay focused and fit

The influence/power of the
quality of your thoughts

Participants speak about Keystones 4 Resiliency:



[Email us](#) if you would like to know more about what participants share about their Keystones 4 Vitality experiences.

Journey modules – plug in what’s needed:

Maximum participants In consultation with the client	Audience Relevant to all levels	Delivery Location of choice by client
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Keystones 4 Resiliency It starts here!	MindFit	Personal Vitality Coaching	Mind your Step (Dutch only at this time)	Keystone Vitality Scan
1.5 day training	½ day training	One-on-one sessions	Online	Online
Pages 4 - 7 cover aspects of the training.	Improve focus & performance using meditation, breathing & movement.	To optimize and further develop personal and professional performance	A mindfulness program that supports the participants throughout their journey, creating sustainable vitality.	A 'real-time snapshot' tool for assessing the 4 Keystones: body, mind, emotions, spirit. Try the scan by logging in and using option 3 here: www.keystonevitality.com

Please contact us for a proposal: welcome@keystonesuccess.com

The trainers who lead the journey:



Mary Jane Roy offers an expertise in the often toxic effects poor coping strategies have on our resiliency levels. With her skilful approach, she creates an awareness within the participants/coachees of how important emotional self-regulation is for their performance and for developing sustainable resiliency.



Pauline van der Lee is a dynamic and insightful trainer/coach. She empowers the connection between the body, mind, emotions and spirit. In a highly respectful manner, Pauline offers an energetic and creative approach to effectively work through challenges, using awareness and movement as the central focus.

We work with a respected leader within the organization whose story fits the aims of our training outcomes and who has significant influence as a role model for the participants.