



Create Your Success!

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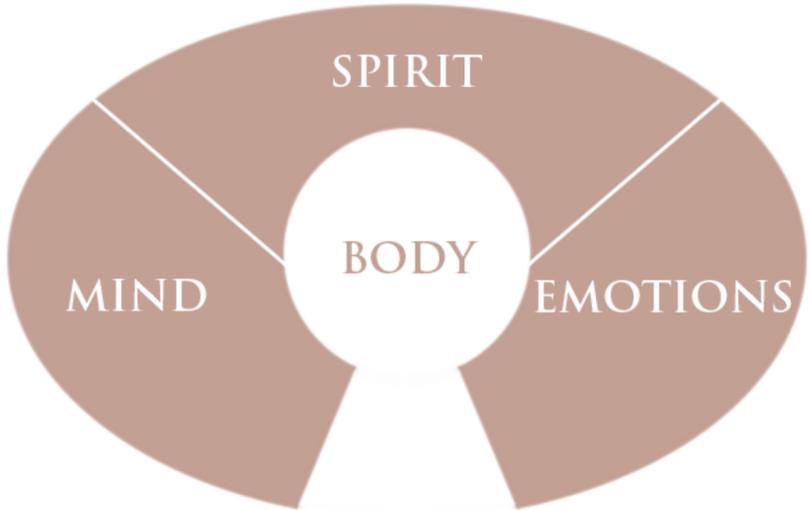


KEYSTONE Foundations

Personal Responsibility and Personal Leadership

Are you living a life of purpose, values, vision? How connected are you?

Where is your focus? The quality of your thoughts?



Do you have control over your emotions? Do the choices you make support you?

What are you eating? Do you get enough quality sleep? Enough physical exercise?

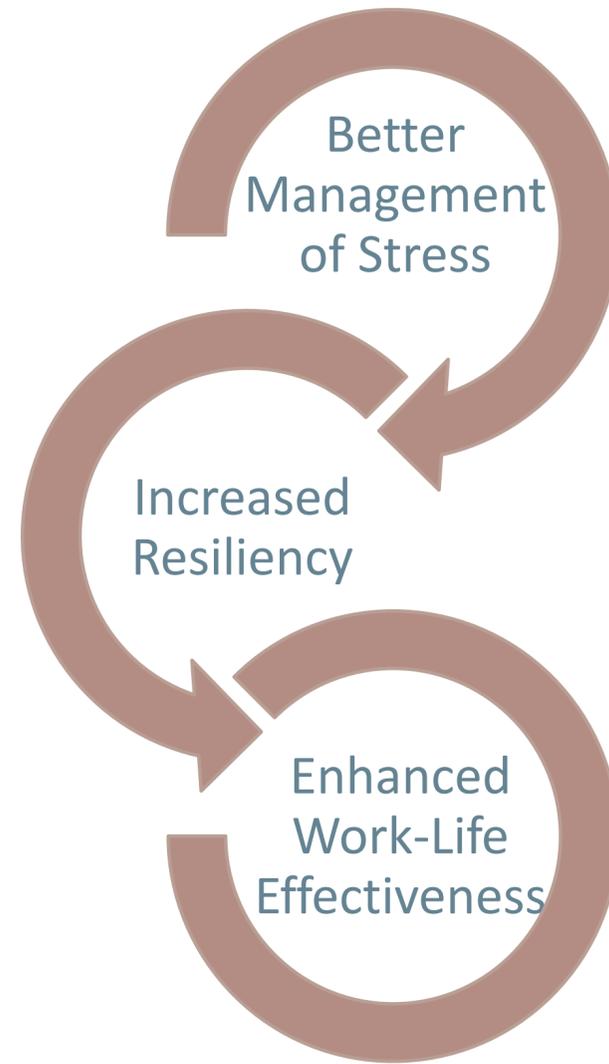
Workplace Challenges

- High performance individuals and teams are increasingly needed in organizations. The competition for this talent is high.
- Sustaining the well-being and (personal) leadership abilities of employees has become imperative.
- The costs - high attrition rates and absenteeism, as well as the more recently coined term, presenteeism - 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.

Why KEYSTONE Success

Benefits	The Bottom Line?
<p>Our bespoke trainings, workshops and coaching sessions emphasize the importance of personal responsibility in maintaining and sustaining your personnel's well-being.</p> <p>Not only knowledge is shared but also practical tips and tools to be implemented in daily routines, ensuring training material is embedded in their work and private lives.</p> <p>All services can be provided in either Dutch or English.</p>	<p>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).</p> <p>You will have more effective and motivated personnel with the skills to quickly handle in, and recover from, challenging situations.</p>

Primary KEYSTONE Goals

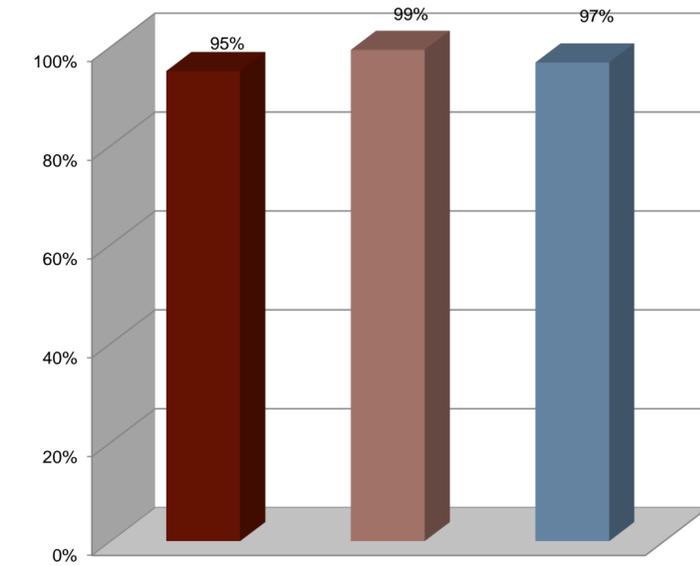
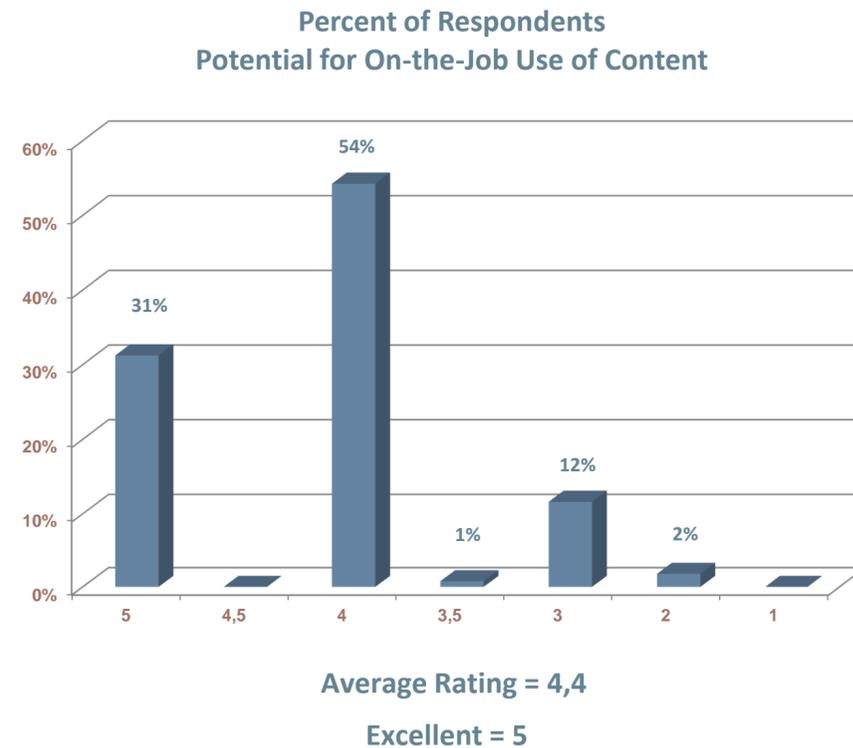


Core KEYSTONE Well-being Pillars



Keystone Participants Speak

Based on evaluations from over 1000 participants.



- % respondents stating the program added to their (Personal) Leadership skills
- % respondents stating they will do things differently as a result of the program
- % respondents stating the program will help them move forward as a Professional/Leader

KEYSTONE Topics



KEYSTONE Modules: 'Plug-in' What's Needed

Resiliency Training	Keystone Vitality Check	Shake-Up! The (Work)space	Personal Resiliency Coaching	MindFit Workshop	Mindfulness Program	Vitality Journey
1.5 day	Online	45 minutes	One-on-one	2,5 hour	Online	6 months
Practical information and skills for increasing personal vitality & resiliency in your workplace.	A 'real time' snapshot of vitality levels . Personalized reports. Group reports can also be provided. www.keystonevitality.com	This session connects colleagues with each other, gives pleasure and brings new energy to start the day energized.	Support and develop personal and professional performance. 5 – 7 sessions required to achieve results.	An introduction to improve focus & performance. Learning the 'art' of being present.	To be used as a follow-up to the MindFit program. A mindfulness program to create sustainable vitality.	An individual or group intensively guided program over a six month period to ensure that new patterns are learned and imbedded.

Our KEYSTONE Facilitators

Since 2007 Pauline van der Lee and Mary Jane Roy, founders of KEYSTONE success, have been providing well-being trainings and coaching to organizations. With diverse knowledge and skill sets, they are able to offer participants an in-depth program to create lasting impact.

Partnerships with like-minded professional trainers and coaches safeguard the desired outcomes of our clients.

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

Please contact us at welcome@keystonesuccess.com or via www.keystonesuccess.com