



Create Your Success!

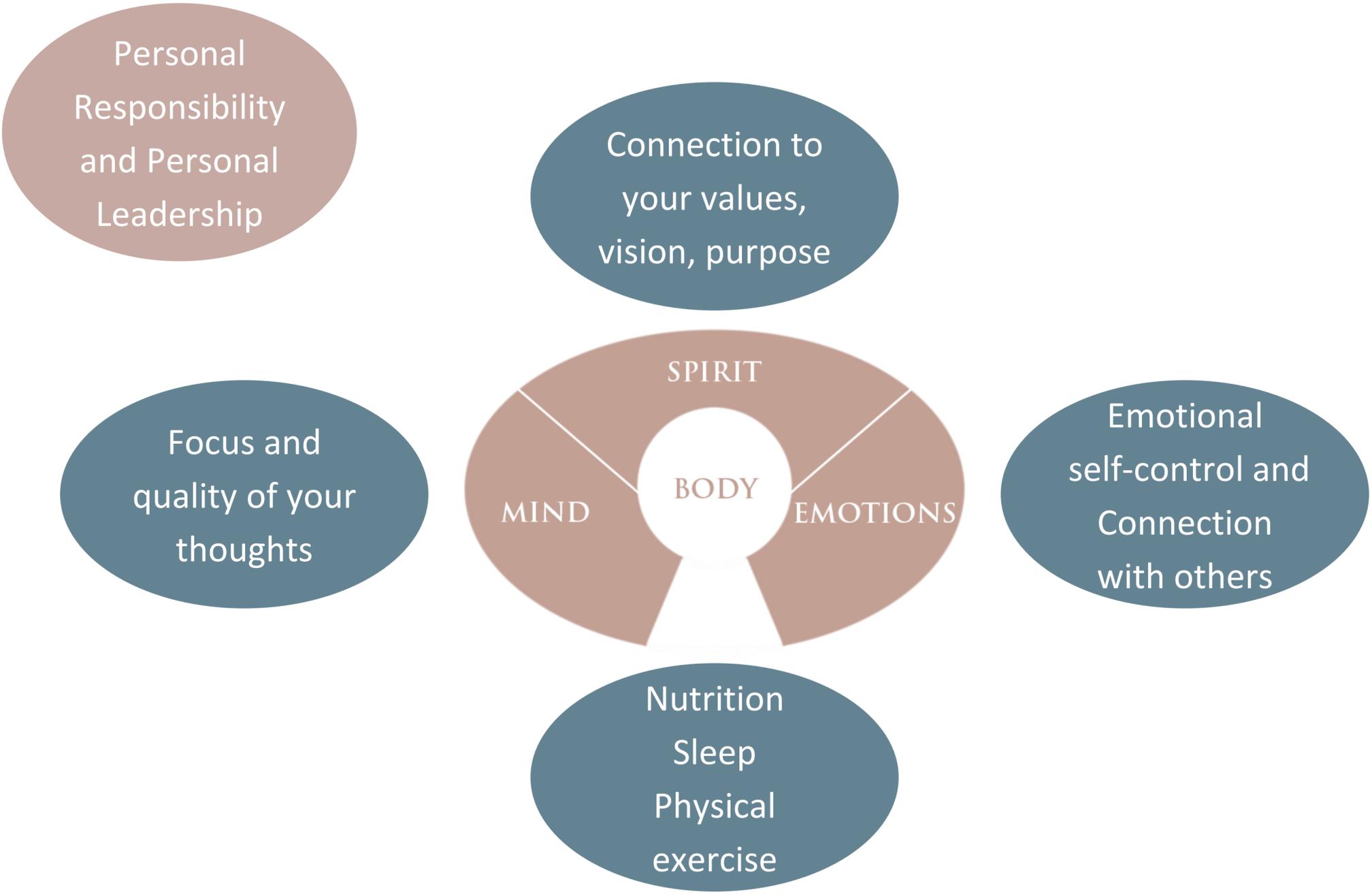
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# Keystone Foundations



# Workplace Challenges

- The competition for high performing and engaged employees is high.
- The costs of high attrition rates and absenteeism, as well as the more recently coined term, 'presenteeism' are well documented. Greater stress management, engagement and resiliency skills are needed.
- Sustaining the well-being and (personal) leadership abilities of employees has become imperative.
- Physical, mental, emotional, and spiritual (core values, vision, purpose) 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 <b>personal responsibility</b> in maintaining and sustaining your personnel's well-being.</p> <p>Not only knowledge is shared but also practical tips and tools to be <b>implemented in daily routines</b>, ensuring training material is embedded in their work and private lives.</p> <p>All services can be provided in either <b>Dutch or English</b>.</p>	<p>TOP Line employees who know how to increase self-awareness and who can <b>self-manage</b> their energy across the four keystones: body, mind, emotions, and spirit (values, commitment, engagement).</p> <p>You will have more <b>effective and motivated personnel</b> with the skills to quickly handle in, and recover from, challenging situations.</p>

# Primary KEYSTONE Goals



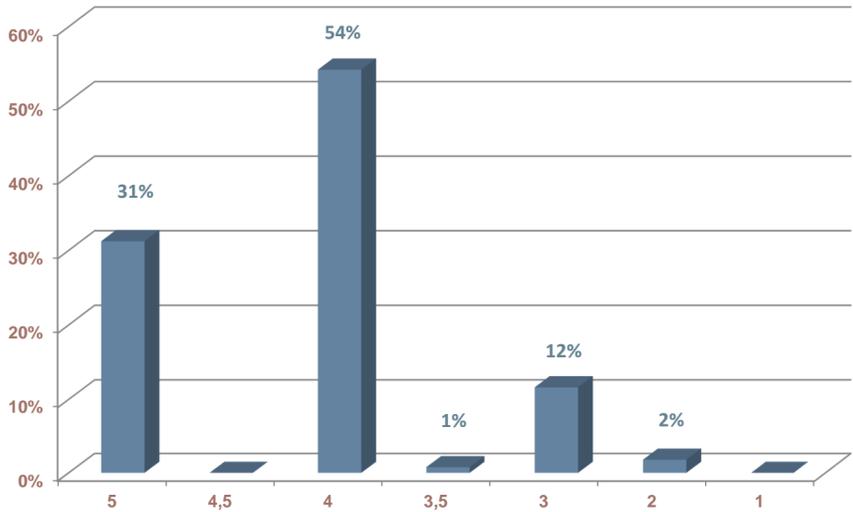
# Core KEYSTONE Well-being Pillars



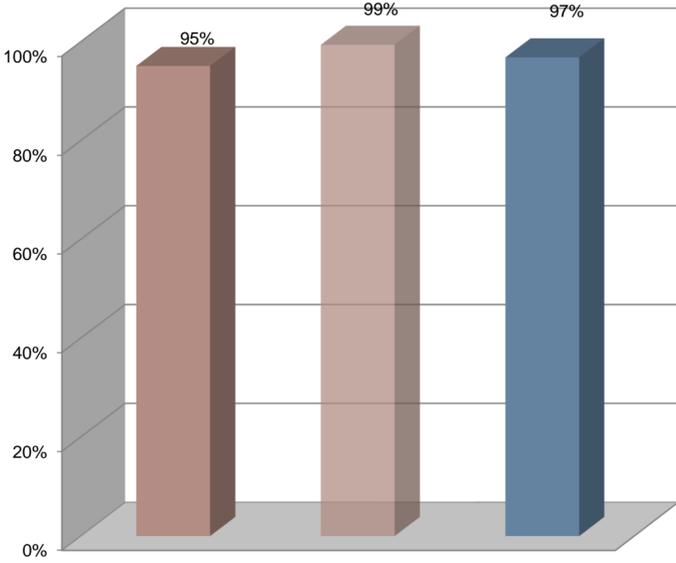
# KEYSTONE Participants Speak

Based on evaluations from over 1000 participants.

Percent of Respondents  
Potential for On-the-Job Use of Content



Average Rating = 4,4  
Excellent = 5



- % 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 Solutions

KEYSTONE Vitality APP	A 'real time' snapshot of vitality levels . Personalized reports. Group reports can also be provided. Based upon the group reports we filter the problem areas and provide solutions through in-depth LABS. <a href="http://www.keystonevitality.com">www.keystonevitality.com</a>
KEYSTONES 4 Vitality	An introduction to well-being. Practical information and skills for increasing personal vitality & resiliency. 1.5 days
Personal Resiliency Coaching	One-on One support to develop personal and professional performance. 5 – 7 sessions required to achieve results.
<b>Experiential Plug and Play LABS</b>	
Shake-Up! The (work)Space	This session connects colleagues with each other, gives pleasure and brings new energy to start the day energized.
MindFit	An intro to improve focus & performance. Learn the 'art' of being present combined with an online support program.
Live your Values	Find your purpose and take actions at work that are consistent with your deepest values
I am worth it!	A strength based approach to learn to appreciate yourself and others.
Getting your zzzz's	Experience quality sleep, wake-up feeling refreshed with focus and clarity @work.
Happiness @ Work	Create pleasure in your work(space).

# Keystone 4 Vitality Topics



# KEYSTONE Modules: 'Plug-in' what's needed

Since 2007 Pauline van der Lee <https://www.linkedin.com/in/pauline-van-der-lee-35598a7> and Mary Jane Roy <https://www.linkedin.com/in/maryjaneroy> , 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](mailto:welcome@keystonesuccess.com) or via [www.keystonesuccess.com](http://www.keystonesuccess.com)