



# emPOWERme

## Personal *Development* and *Coaching* Program

"Ah, but a man's reach should exceed his grasp, Or what's a heaven for?"

— Robert Browning, 1855

A personal development and coaching program designed to help you reach your potential.

### *Choose your future today ...*

*emPOWERme is about you.*

The **emPOWERme** program is a fully customizable personal (or professional) development and coaching support program designed to help you (or your top talent) be your best. It is ideal for individuals who want to reach their potential and for organizations who have identified top talent for further development.

**emPOWERme** is a highly flexible program that allows you to mix and match the workshops and 1-to-1 coaching sessions that best suit your immediate needs and longer term goals.

**emPOWERme** starts by assigning you an expert personal coach who works with you to build a customized personal development strategy that will move you toward your desired personal and professional goals.

*This program can be focused on many developmental areas including:*

- Leadership - management ability,
- Financial well-being,
- Business and entrepreneurship,,
- Career development and progression,
- Sports performance and endurance,
- Health, wellness and overall fitness,
- Relationships - personal, family, partners, children, peer, friends,
- Lifelong learning and inner-growth,
- Personal confidence, self-esteem and motivation.

Enroll today and learn how to make some simple yet fundamental changes that will have a powerful, positive and lasting impact on your the rest of your life!

The **emPOWERme** program is available in 4 options:

Option 1: **emPOWERme 3** includes:

- Any 3 single-day workshops
  - Personal Development Planning guide and workbook,
  - 3 coaching sessions,
- Program investment is \$1,485 (+ GST) per person.

Option 2: **emPOWERme 3+** includes:

- Any 3 single-day workshops
  - Personal Development Planning guide and workbook,
  - 6 coaching sessions,
- Program investment is \$2,070 (+ GST) per person.

Option 3: **emPOWERme 6** includes:

- Any 6 single-day workshops,
  - Pre-development 360-KASE\* Assessment and report,
  - Personal Development Planning guide and workbook,
  - Post-development 360-KASE\* Assessment and report,
  - 6 coaching sessions,
- Program investment is \$2,970 (+ GST) per person.

Option 4: **emPOWERme 6+** includes:

- Any 6 single-day workshops,
  - Pre-development 360-KASE\* Assessment and report,
  - Personal Development Planning guide and workbook,
  - Post-development 360-KASE\* Assessment and report,
  - 12 coaching sessions,
- Program investment is \$3,967 (+ GST) per person.

**For More Information Visit:**

[www.gaski.com/grow](http://www.gaski.com/grow)

or call: (647) 728-4321

\* KASE stands for Knowledge, Ability and Skill Evaluation  
Recognition certificates are provided upon successful completion.