



CULTURE AND GRATITUDE INFUSION

INTERACTIVE SESSIONS

WITH Kerry Wekelo

Utilizing the same principles central to Kerry's award-winning book *Culture Infusion: 9 Principles to Create and Maintain a Thriving Culture* and daily practices like 3P Method of Pausing to Pivot to a Positive, self-care, and active listening, you will maximize your capacity as a leader and team member while strengthening relationships in and out of the workplace. Kerry introduces mindful and strategic exercises from her latest book *Gratitude Infusion* to help you shift to a foundation of gratitude in your life and career. All courses can be adapted to fit your needs and style, including small in-person team building sessions and webinars. Practical, actionable tips and exercises help you, your team, and your organization see an immediate impact.

TOPICS INCLUDE:

- ▶ Stress Management
- ▶ Intentional Leadership
- ▶ Infusing Wellness and Gratitude
- ▶ Effective Communication
- ▶ Keeping Peace in the Workplace
- ▶ Mindfulness
- ▶ Successfully Managing a Remote Team
- ▶ One-on-One Leadership Coaching



SESSION LEADER

KERRY WEKELO, MBA, is the Chief Operating Officer at Actualize Consulting, a financial services firm. Her book and program, *Culture Infusion: 9 Principles for Creating and Maintaining a Thriving Organizational Culture* and latest book *Gratitude Infusion*, are the impetus behind Actualize Consulting being named *Top Company Culture* by *Entrepreneur Magazine*, a *Top Workplace* by *The Washington Post*, *FORTUNE Best Small & Medium Workplaces™*, and *Best and Brightest ELITE National Winner* in Communication and Shared Vision category. In her leadership, Kerry blends her experiences as a consultant, executive coach, award-winning author, mindfulness expert, and entrepreneur. Kerry has been featured on ABC, NBC, NPR, *The New York Times*, *Thrive Global*, *SHRM, Inc.*, and *Forbes*.

"This has been by far the best and most helpful session I have attended so far. The presentation style was great and I liked that I walked away with multiple simple, clear, and effective strategies for dealing with challenges."

L. Howe, Manager

BENEFITS

- + Reduce stress
- + Access more energy
- + Create a sought-after workplace
- + Boost team morale and connection
- + Thrive through merges or transitions
- + Improve corporate culture and communication
- + Motivate/enhance individual and team performance
- + Incorporate more positivity

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