

# Training That Actually Works!

- Are your **TECHNICAL SKILLS** out of date?
- Is **STRESS** affecting productivity?
- Want a **STRONGER TEAM?**
- Need to **IMPROVE YOUR RELATIONSHIPS?**
- Looking for **DIRECTION?**



We have worked with **Rob and Mary** to put on two **wonderful** training programs that were **enthusiastically attended** by our staff.

The programs were **highly engaging and fun** and our staff **came away with new sets of skills** as well. ”

**Millions** of dollars are wasted every year on ineffective training programs.

Research continues to show that adults need specific elements designed into training and development programs.

## They must:

- Be focused and concrete
- Include experiential activities
- Contain repetition and practical application
- Incorporate fun and engaging experiences
- Point to specific actions to be taken following the program

**Soul Canyon Programs incorporate all of these principles when tailoring your solutions.**

*"Rob is the most amazingly energetic and knowledgeable trainer I have ever experienced. I would happily attend ANY program he puts on."*

*"Stress had me in its grip! Mary showed me how to say 'no' to the right things and 'yes' to the right things to strengthen my career and help ME find balance."*

# Programs Designed for YOU

Soul Canyon Training & Development offers programs that build skills on foundations of authenticity.

## Connect to Yourself

**What's Your Mission? – What's Your Vision?** Learn how to identify and build upon your strengths, joys and passions to build a mission and vision statement and plan for YOUR LIFE!

**Coaching** Sometimes you need help getting started down your path. Soul Canyon Coaching focuses on identifying Core Values and Personal Mission, then on building SMART goals on that foundation.

**Connection Marketing** Offers a unique approach to telling the world about your products and services. Connect your joy and passion to what you do - then connect with your ideal customers and clients who want your gifts.

## Connect to Others

**Colorful Connections** Provides the foundational understanding of different personality types in a fun, interactive and informative format. Have better interactions with everyone you currently know, or will meet in the future.

**Stress Management** Participants learn how to handle stress more effectively and to design their lives so that they are stressed less often. Attendees will leave with handy reference materials and stress management tools.

**Communication/Conflict** Workshop attendees will learn how different personality types tend to manage conflict as well as how to communicate and adapt to each one.

**Empowering Today's Business Woman** This fun, interactive workshop is proven to help you become a more effective communicator. Sharpen your time management skills for whole life balance. Learn to set and achieve meaningful goals.

## Build Your Skills

**Microsoft Excel** Learn the essentials of using this extremely powerful spreadsheet tool. You will be amazed to learn where Excel's gems and treasures are hidden.

**Finance & Budgeting Series** Using layman's terms and concepts you will learn the language, tools and statements and have you'll walk away wondering what all the confusion and frustration was all about. Come with your calculators!

**Powerful Presentation Skills** Have you ever inflicted or endured Death By PowerPoint? Learn how to Plan, Assemble and Deliver an incredible presentation in this fun and exciting class.

## Custom Workshops

We can also help you put together proactive Personal, Team and Organizational Development Plans so you can make the most of your training investment.

*“ I walked in the room a  
skeptic and  
walked away  
transformed.  
Thanks Rob and Mary. ”*



## Rob Hambleton

Rob's passion and talent for training and human development began during his years as a successful manager and leader at Ford Motor Company, Eastman Kodak and Dell Computer. Always insightful, energetic and highly interactive, you won't be sitting still for long if you are working with Rob. Rob is a member of the Coachville Coaching Network and an Accredited Insights Associate, as well as a certified Fred Pryor Seminars and CareerTrack trainer.



## Mary Hambleton

With over 20 years of real estate, travel and hospitality industry experiences, Mary is passionate about helping others build their business from the inside out with fun, applicable training. Mary is known for her ability to establish and maintain long lasting customer relationships and can help teach you to do the same. Professional Trainer Certification (PTC) since 2010 from one of the leader in business education for over 40 years, Mary has the front of the room expertise to make your next event SPARKLE!

**Ready to get started?**

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