

No More “*Business as Usual.*”

For many women in corporate America, “*business as usual*” is anything but exciting. Whether a woman is new to her job or established in her industry or workplace, somewhere along her career path she may lose her edge, her drive or her passion. Perhaps she’s a new leader struggling to provide strategic direction, but getting caught up in the details. Or perhaps she has been in the same position for many years and is feeling frustrated and stagnant. Regardless of the cause, it’s time to take action and to better understand and exercise the strengths that motivate and make us who we are...both at work and outside of work.



A true strength has two components: **power and passion.**

- ◆ **Power refers to ability.**
You are particularly gifted with certain skills, talents and aptitudes.
- ◆ **Passion refers to energy.**
Passion motivates, excites and drives you to high levels of achievement.

Kim Huggins, President of K HR Solutions, is now leveraging her many years of experience as a leadership coach and trainer to help women find the intersection of their power and their passion through the dynamic women’s coaching program: *Discover Your Strengths...Discover Yourself!* Throughout the three-month program, participants will target key objectives that will transform how they approach their work:

TIMELINE	KEY OBJECTIVE
MONTH 1: <i>Explore true strengths</i>	Strengths assessment utilizing online assessment tools, personal observations, and in-depth discussion
MONTH 2: <i>Plan where to use strengths</i>	Strengths journaling to identify untapped opportunities in the workplace to use strengths
MONTH 3: <i>Leverage strengths</i>	Strengths implementation by creating an actionable strategy with specific goals and milestones



Discovery Happens *Together or Solo*

D *Discover Your Strengths...Discover Yourself!* has both group coaching and individual coaching options:

- **Group coaching** consists of small groups of women and includes face-to-face meetings and conference calls, individual calls, and email support. Throughout the program, participants will build self-confidence and a support network by interacting and sharing with other women.
- **Individual coaching** includes both phone/video consultations and face-to-face meetings each month, and regular contact through email. This provides a more personal and comprehensive coaching experience.

Discover Your Strengths...Discover Yourself! and regain your edge, find your drive and rejuvenate your passions. Contact Kim Huggins today for coaching rates and availability.



STRONG WOMEN, STRONG BUSINESSES

What happens when women know their strengths?

- **Confidence** soars.
- **Motivation** skyrockets.
- **Innovation** flourishes.
- **Productivity** surges.
- **Satisfaction** intensifies.

Leveraging strengths is good business!



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Kim Huggins, President, K HR Solutions 

Kim is passionate about helping women in business succeed. Drawing on nearly two decades of corporate human resource and leadership development experience, Kim develops innovative and customized solutions tailored to address the real-time professional and business issues of her clients.