

Dr. Katie Eastman
Transforming loss into
CHANGE and GROWTH

Life Coaching

Executive Coaching

Training

Consulting

Speaking

Consulting with Dr. Katie Eastman

Get Personalized Support for Your Organization
to Develop a Sustainable Change Management
Strategy and Promote the Ongoing Wellness of Your Team



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What Challenges I Help Organizations with

- Balance of social responsibility and profitability.
- Support for employee well-being in the face of change, including mental health issues, and developing a positive workplace culture.
- Implementation and integration of business sustainability practices into core business processes.
- Development of an inclusive and compassionate corporate culture in support of diversity and inclusion.
- Leadership development for sustainable change in support of a culture of continuous improvement.
- Develop financial stability strategies to increase resilience to economic downturns.
- Align the values of employees with the goals of the organization to create shared values and purpose.
- Improve communication during periods of organizational restructuring to ensure transparency and reduce employee anxiety.



I help organizations seeking to turn the tide of challenges or losses into opportunities for growth and success

Unveiling the Power of Change: A Catalyst for Growth

With over 35+ years of experience, I understand the delicate interplay between loss, change, and growth, recognizing that the shifting tides impact not only the bottom line but also the very core of your organization, how people feel and perform.

My tailored consulting services, coupled with training and coaching, delve deep into understanding your unique challenges, providing a roadmap for navigating change, dealing with tangible and intangible losses, and transforming disruptions into catalysts for unprecedented growth.



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Tailored Loss, Change, and Growth Solutions for Every Horizon

When you start with one of my consulting packages, you get custom services that meet your organization's needs every step of the way.

Packages are designed to fit the rhythm of your business and last from 1 to 6 months. The offerings are tailored to meet the changing needs of your organization and cover all levels of management, from the C-suite to middle management.



Training and Coaching Excellence: Building a Resilient Workforce

Adaptation, development, and a team's ability to deal with loss and conflict in the face of change are all part of creating a resilient workforce. To help teams become more resilient, I offer intensive training and coaching.

My years of experience in coaching and consulting allow me to use proven tools and methodologies to equip staff with the skills they need to adapt to change.



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Unraveling the Tapestry of Success: Delivering Tangible Results

As a consultant, I don't just promise change, I deliver measurable results. Based on my extensive experience, I help organizations and individuals navigate through change and demonstrate tangible outcomes.

My work has helped organizations increase productivity, improve communication, increase employee satisfaction, and develop an innovative culture.



Elevate Your Potential: Partner with Dr. Katie Eastman Today

Working together, you can not only adapt to change but also use it to open up new opportunities and unlock your organization's potential.

This partnership leads to the creation of a strategic path that goes beyond the traditional consulting approach to a process of transformation and sustainable success. The future becomes not only acceptable but also a period of growth and prosperity.

Consulting Packages

Consulting available: onsite in the US and internationally (TBC), as well as online

ReCreate Consulting Package Silver

1-month partnership

What will you get:

- Audit and assessment
- Strategy development
- Group Training
- Individual or group coaching

ReCreate Consulting Package Gold

3-month partnership

What will you get:

- Audit and assessment
- Strategy development
- Recreate Tools and Processes
- Group Training
- Individual and /or group coaching

ReCreate Consulting Package Platinum

6-12 months partnership

What will you get:

- Audit and assessment
- Strategy development
- Recreate Tools and Processes
- Group Training
- Strategic sessions facilitation
- Individual and /or group coaching
- Change of policies and procedures to ensure sustainable success
- Phone calls and email support

Send a message NOW to outline your needs and book a call to discuss the details



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2024 Dr. Katie Eastman

drkatie@drkatieeastman.com

[LinkedIn](#)