

Dr. Katie Eastman
Transforming loss into
CHANGE and GROWTH

Life Coaching

Executive Coaching

Training

Consulting

Speaking

Training with Dr. Katie Eastman

Transform the Challenges of Change into Benefits
and Productivity



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Most companies and organizations today are facing unprecedented change. Whether it's the Great Resignation or the new hybrid workplace, recent years have brought cumulative intangible losses.

These changes impact not only your well-being as a leader but also the productivity of your entire team.

WHY?

The loss of stability, predictability, personal communication, confidence, and competence changes the way people interact and communicate.

Loss unrecognized and addressed means more chaos, less clarity, and ultimately more conflict.

Recognizing losses helps identify people's values and unite them around a common goal. This contributes to increased productivity.

I can help you manage these changes through coaching, training, and consulting, which allows you to leverage these losses and create a more compassionate and productive workplace. I can offer you training and education in how to understand the dynamic of how loss can be leveraged to develop growth within your organization by implementing practical communication changes.

As a practicing psychotherapist mentored by Dr. Elisabeth Kübler Ross in utilizing her popular Kübler-Ross Change Curve®. I will work with your organization in understanding the effects of loss and change to maximize individual and collective growth.



Dr. Katie Eastman
Executive Coach



Who will Find it Useful?

Managers

who want to increase their team's adaptability and productivity.

Organizations

who want to find effective ways to adapt to rapid change.

Teams

who undergo organizational change.

Who will Find it Useful?

What you say and do matters. How you treat your employees and support them in reducing their stress levels trickles down to their families, their community, their friends, and neighbors. Corporate leadership decisions impact many including the littlest of lives – children.



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I will teach you and your team how to create a compassionate work environment, that reduces stress and increases productivity



I conduct individual coaching sessions for you and your executive team, training, and consultations (see the CONSULTING section for details).



I use the Theory of Change methodology, tailored to your needs, with a written action plan with timeframes and expected results.



You can expect a 3-to-6-month engagement with me, but this can vary and will be agreed upon upfront based on your needs and the needs of your team.

The greater outcome – not only will your employees be more loyal and productive but they will return home from work each day a better partner, parent, friend, and neighbor. You have made a greater social impact and made the lives of many – better, getting the best possible business results for your shareholders, customers, and beneficiaries.



The training sessions can be conducted on the following topics based on your industry and current situation

- Grief and Loss for all ages
- Trauma, mental health and wellness of the employees
- Compassionate Care
- Compassionate Communication
- How to create Compassionate Culture
- Loss, change, and Growth

- Rising to the Challenge of Change
- Women at work/women in business/women empowerment
- Productivity and effectiveness
- Psychology and Spirituality in the Workplace
- Empowerment and unlocking the potential of your people
- Children and adolescence: psychology and mental health



<p>1-2-hour training session for the team</p> <p>An intensive session aimed at solving specific challenges and issues. Ideal for rapid training and team mobilization.</p>	<p>Half-day training</p> <p>An extended session with the opportunity for in-depth study of key topics. Maintains a balance between length and content, making effective use of time.</p>	<p>Full-day training</p> <p>A comprehensive approach to developing management skills and strategies. Provides a deep dive into the topic, ideal for intensive training.</p>
<p>Package with training + individual coaching</p> <p>A combination of group training and personal development. Individualized training for specific needs and goals.</p>	<p>Package with training + group coaching and facilitation</p> <p>This combination of training and group dynamics helps build team spirit and collective growth.</p>	<p>Package with training + coaching + consulting for 3-6 months</p> <p>A long-term program for deep and lasting growth, sustainable change, and skills development.</p>

Onsite in the US and internationally (TBC), as well as online options are available

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



2024 Dr. Katie Eastman
drkatie@drkatieeastman.com
[LinkedIn](#)