

## *About Trinity Leadership...*

Trinity Leadership Consulting, LLC offers training, consulting and coaching services in the areas of personal effectiveness, professional and leadership development, and business success. This company exists to promote character based, principle-centered living and leadership as the key to personal and organizational excellence. Our goal is to create coaching partnerships with our clients that help them to achieve success and happiness.

Using proven principles and processes, the untapped energy and creativity that exists in every person can be unleashed, driving performance and satisfaction to ever-increasing levels.



*The height to which you can soar is limited only by your imagination and your willingness to trust your wings.*

*Coaching Services provided by Trinity Leadership Consulting, LLC*

*Personal Coaching  
Executive Coaching  
Group Coaching  
Business Coaching*

Member of the



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*Integrated  
Coaching  
Program*



## **The Integrated Coaching Program**

The Integrated Coaching Program is a cutting edge professional and business skill development process. It combines professional skills training with both one-on-one and group coaching to carry learning beyond the classroom into action. Over the course of one year, spaced learning is reinforced through real-world application and follow-up coaching. Live classroom training is supplemented with teleclasses to broaden and deepen the learning over time.

### **Integrated Coaching Program Components**

**Live Training** - One full day equivalent per quarter

Training Workshop Topics

- ◆ Time Management
- ◆ Communication Skills
- ◆ Leadership
- ◆ Team Building
- ◆ Financial Planning
  - Personal
  - Business
- ◆ Entrepreneurship
- ◆ Marketing
- ◆ Customer Service
- ◆ Conflict Management
- ◆ Coaching Skills

### **Teleclasses**

Monthly teleclasses will be available to reinforce live training seminars.

### **E-mail and Telephone Coaching Access**

40 weeks of open coaching gym days — Tuesday, Wednesday and Friday from 9 am to 5 pm. 24 hour response to issues and concerns submitted on coaching gym days. The coaching gym concept means that you use it whenever you feel the need for one-on-one coaching.

Gym and group coaching will not be available from August 4 to 11, 2007, August 31 to September 9, 2007, October 20 to November 6, 2007, December 22, 2007 to January 2, 2008. 2008 dates to be determined.

### **Group Coaching Teleconferences**

Morning and evening 1 hour conference calls for follow-up group coaching on specific professional and business issues.

### **Weekly Workout Journal**

Online journal to document progress and challenges. Reviewed by coach with responses as necessary.

### **Online Resource Documents/Learning Tools/Community Environment**

### **Personal Skill Assessments**

DiSC Personality Profile  
Strengthsfinder 2.0 Assessment

### **Expect these results:**

- Defining what you really want from life
- Understanding your values and priorities
- A clear plan for professional/business results
- Creating a framework for effectiveness
- Leveraging your strengths for peak performance
- Alignment between personal and professional achievements
- Identifying and breaking through barriers
- Effective management of your time
- Developing and achieving goals
- Strategies for success in.....
  - Your professional career and business
  - Your finances
  - Your relationships

### **Program Pricing and Value**

Program base cost is \$3,600 for 1 year program.

Early pay discount—\$3,000 payable before September 1, 2007.

Program Start - September 1, 2007

These programs and services are valued at over **\$9,000** if offered separately.

### **Registration**

Call 716-694-7657 or e-mail [rjstrassburg@trinityleadership.com](mailto:rjstrassburg@trinityleadership.com) to receive registration forms and information.



### **About the Coach.....**

Robert J. Strassburg, P.E., P.M.P., has over 30 years of professional experience in personal and organizational development, leadership training, personal and executive coaching, project engineering, and project management. He has demonstrated success in training development and delivery, coaching for effectiveness, and leading technical teams on challenging and diverse projects. Bob is dedicated to promoting excellence in professional and community organizations through personal leadership and innovative coaching and training programs. Working one-on-one with international clients at all professional levels, he coaches individuals in peak performance principles.

Bob's credentials include:

- Facilitator Certification by the Franklin Covey Company for the 7 Habits of Highly Effective People Workshop™.
- Coaching Certification by the Franklin Covey Company.
- Member of the International Coach Federation and the International Association of Coaches.
- Treasurer/Past President of the Buffalo Niagara Chapter of the International Coach Federation.
- 25 years of professional practice in engineering design, project management and construction on multi-million dollar projects around the world.