

Managing Energy

"Great Leaders Manage Energy, Not Time."

Are your managers successful leaders? Even the most experienced managers can benefit from learning proven strategies to increase energy and improve performance. We help implement strategies that help managers reach their goals and overcome the barriers to success, like sleep deprivation, poor diet, lack of exercise and the way you feel.

See how you can benefit from

Executive & Business Coaching

Do you identify with these issues?

Top 10 Issues of Difficulty

- Getting to the next level
- Solving problems
- Designing a plan of action
- Making decisions
- Increasing sales
- Change management
- Stress management
- Lack of motivation
- Anger management
- Making a career/life change

Do you want these results?

Top 10 Benefits

- Reach your goals
- Increase productivity
- Leadership development
- Help solve problems
- Improve sales
- Manage change
- Reduce stress
- Improve your relationships
- Develop strategies
- Balance work/life issues

Wayne Gersh, Ph.D. has been an Executive Business Coach and licensed Psychologist for over 20 years. He brings with him the science of cognitive behavioral psychology to solve business issues that impact your personal success.

Call now to see how we can help you or your company.

914.948.1411

www.wcbtonline.com

drgersh@wcbtonline.com

We offer private and group sessions



Wayne Gersh, Ph.D. & Associates