

# FAQs - Corporate & Group Training

## What types of corporate, organizational and group clients do you work with?

**Show Up!** works with a variety of businesses, corporations, nonprofits and professional organizations in dozens of sectors. If your organization is committed to the personal success of your employees/members—and the success of your organization as a whole—**Show Up!** can help.

## What kinds of services do you provide to groups?

Our trainings and workshops are ideal for group settings. Programs can also be custom-developed from the ground up.

All group sessions are designed with practical, actionable solutions at the center, each carefully curated and customized to fit your organization's unique goals and expectations. We'll work closely with you and other key stakeholders to map out a program that keeps your audience, industry and real-time needs in mind, for the ultimate impact.

## What is the duration of your training sessions and workshops?

We offer half-day, full-day and multi-day corporate and organizational training sessions for your employees, members, fellows, interns and any other key audiences within your company. Longer full- and multi-day sessions tend to drive the greatest impact in terms of professional development and growth—invoking action and shifting behavior; however, shorter workshops, "lunch and learns," and fast-track events can also achieve a number of targeted goals. Even sessions that run as little as 45-90 minutes can lead to marked improvement and overall employee growth.

## What is your training/presentation style?

Annette's style is authentic, engaging and full of energy. You will see her passion and desire to motivate and inspire from the moment she stands up at the front of the room until the moment she leaves the room. She speaks to and values each and every participant and strives to make each training/presentation relevant, compelling, informative and, yes, entertaining.

## How many people can attend a corporate or group session?

Founder Annette Y. Harris serves as the training facilitator for all corporate client trainings. In her career, Annette has effectively delivered sessions and keynotes to groups of virtually every size, from small sales teams to *hundreds* of diverse employees. No matter what the size and scope of your group, **ShowUp!** corporate sessions can accommodate your unique needs.

That said, most corporate groups range from approximately 25-30 employees, an optimal size for maximum one-on-one and team engagement. Groups of this size ensure enhanced dialogue and interaction among participants, time for activities/exercises and more opportunities for employees to ask questions at the close of the session.

## Do you offer one-on-one coaching and consultations for employees?

Yes, we do. **ShowUp!** understands that within your organizational talent pool, there are high potentials and leaders on the executive track who need and warrant your investment in targeted and focused soft-skill building. You want to be sure that they support your company or organization brand/identity by looking the part of a leader, communicating in a way that sets the tone at the top, and carrying themselves with grace, gravitas and goodwill. Our one-on-one coaching is just the right solution to support you in propelling these employees to the next level within your organization and ensuring their long-term viability and success.

## How do your services help companies and organizations get ahead?

The key takeaway from **Show Up!** sessions? A workforce that's ready to boost its individual and collective performance, gaining the insights and actionable, hands-on skills needed to produce at higher levels and with greater efficiency, morale and commitment than ever before. Attendees will leave sessions with an increased understanding of how their personal successes are intrinsically tied to the success of the organization, with opportunities for individual coaching as needed.