



We work with teams and equip them to transform their “people problems” by providing solutions in the following areas:

- Emotional Intelligence: effectively deal with emotions, and enhance decisions, behavior and performance
- Improve strategic communication among varied personalities and ages
- Awareness of the hidden strengths of seemingly “difficult” team members
- Aligning values and actions with mission and vision, to attract loyal employees and customers
- Merging and realigning work forces (newly formed teams)

Resulting in immediate and sustainable improvements in:

- | | | |
|----------------|-----------------------|------------------------|
| - performance | - understanding | - reasoning |
| - productivity | - appreciation | - self-management |
| - morale | - conflict management | - management of others |

Services Offered

TRAINING

The Insights Team Training
 Discover & Develop Emotional Intelligence Trainings
 Authentic Leadership Training
 Team Diagnostic Training
 Cultural Awareness Training
 Managing Conflict Training
 Making Group Decisions Training

ASSESSMENTS

Insight Inventory®
 Team Diagnostic Assessment™
 IMPACT Emotional Intelligence™ Assessment
 Emotional Intelligence 360 Refined (Leaders)
 Authentic Teamwork® Company Diagnostic

OTHER

Authentic Leadership Development & Coaching
 Team and Work Group Coaching
 Mission and Vision Development
 Retreat & Meeting Facilitation
 Personal Coaching

What Our Clients Say

“Follow Your Compass’ workshop on team communication was engaging and authentic. I’ve hired many corporate trainers that teach concepts which are difficult to assimilate into the business environment, however Sherry’s use of the basic elements were easy to grasp and translate into individual and team improvements. I will definitely continue to partner with Follow Your Compass in the future.”

– Cory Haynes, Black Rock Investments

“Sherry was able to bring a group of various city leaders together from the Fairfield-Suisun Chamber of Commerce Leadership Today program and get our community project completed. We were having problems getting our event to fruition and hired Sherry who was excellent in rallying the troops and provided our group with valuable insight, out-of-the-box ideas, and helped implement those ideas within our project timeframe. I would hire her again for any of her services”

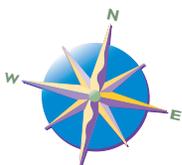
– Timothy Ridosh, Board Member
 Fairfield & Suisun Public Education Foundation

“Great facilitation, well presented, great concepts, thanks!”

– Steve Langley, VP Sales and Service, Travis Credit Union

“Frankly, it was more impactful than I expected it would be. Just 24 hours of reflection has allowed me to identify and highlight some improvements I need to make to be a more productive team member. I’ll be adjusting some of those starting on Monday, and working diligently to improve. Thank you for bringing that to our team!”

– Scott Corey, Marketing Manager, City of Suisun City



Follow Your Compass

Team Development • Leadership Coaching

Sonoma • Napa • Solano • Contra Costa • Sacramento

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