

Press Release by Jennifer S. O'Reilly

FOR IMMEDIATE RELEASE

Dr. Shana Garrett Offers New and Intensive Coaching Services

Chicago, Illinois - August 19th, 2014 - Dr. Shana L. Garrett, PhD, is a proven leader in her coaching services and is now offering updated and intensive coaching services to individuals, small, medium, and large scale organizations. Dr. Garrett's coaching and mentoring services include advice and expertise in academic operations, business operations, public, and motivational speaking. One of the many reasons Dr. Garrett's coaching services are so special are due to her mindful, knowledgeable, and common-sense approach to getting her point across and making a difference in someone's life through her "Pure Heart" approach. Dr. Garrett uses her "Pure Heart" approach along with her psychology training, her extensive background and training in the business sector, academic setting, and corporate education experience.

Whether it is an individual, team, or on a departmental level, Shana believes in meeting individuals where they are in their current life and career. Dr. Garrett will start from the beginning with each person, group, or professional team and work with them by turning business around and fix declining productivity. She can take a team of individuals who are performing poorly and get to the root of the problem so the team can once again succeed in their professional efforts. She has a 15 year education span in higher education that has enabled her to manage higher executives and managers who may feel like their team is not performing at their best level.

Shana also serves as a mentor to professionals that need a boost in their career or are burdened by workplace issues or problems. Dr. Garrett will start with you in your current situation and state and then devise a plan to help guide you towards your individual, personal, and/or professional goals. We realize everyone has different needs and we will work with you on pricing and various coaching packages to meet your individual desires and concerns. We allow for much flexibility in our coaching services and hours will depend on the team's needs. Individual coaching is available upon request. In addition, we realize the need to embrace today's technology and are available for conference calls, email, and/or Skype coaching.

We also understand the competitive and diverse nature of academic and professional services, coaching, various business operations, turn-around management, morale, and the importance of team spirit and cohesiveness. Our sincere difference is in our ability to deliver real and positive results and support effective and communicative change in an individual or organizational culture one individual or team at a time. Our experts have academic, business experience, and intuitiveness to help make a great impact on your individual, academic, and/or professional needs and goals. Please contact us today for more information about our other services and pricing plans. We want to show you how the "Pure Heart" approach can turn your business or organization around!