

Holistic

Executive Coaching

where mind & body connect
with Leadership Goals.

Customized approach, working with
an executive coach as well as nutrition,
fitness, and mindfulness experts.

If you or your leaders are:

- Struggling finding a healthy state of work-life balance
- Lack productivity, working in the virtual world
- Feeling a lack of energy that is impacting levels of work satisfaction and effectiveness
- Feeling overwhelmed, anxious, or stressed

Paragon's Holistic Executive Coaching may be the greatest motivation you can give yourself or your leaders!

BALANCED

Based on 20 hours

14 hours for executive coaching and your choice of 6 hours selected across mindfulness, fitness, or nutrition.

FOCUSED

Based on 6 hours

4 hours for executive coaching and your choice of 2 hours selected across mindfulness, fitness, or nutrition.

Exclusive 2021 offering.

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Mindfulness

**Executive
Coaching**

Nutrition

Fitness

How it works

Your executive coach will help you create a customized development plan anchored in executive coaching, with ancillary support from our nutrition, fitness, and mindfulness experts.



20 Years of Making a Difference
in the Future Face of Leadership®