

TRU NORTH

COACHING & CONSULTING

PATHWAY TO CHANGE



A COMPELLING "WHY"

Using **Intentional Change Theory (ICT)**, we help you cultivate an intrinsic motivation towards an aspirational story that matters to you.

DEVELOP INTERNAL STRUCTURE

Using the **TPRAT** assessment, we analyze which of the four internal character structures are necessary for your growth.



RELATIONAL NUTRIENTS



Using the **Townsend Relational Nutrients** model, we teach you a more effective framework for connection that surprisingly impacts your personal and professional life.

SELF-AWARENESS

Using **Cloverleaf**, we equip you with a self-awareness dashboard that generates daily coaching tips synthesized from a variety of personality assessments (team/or individual packages)



INDIVIDUAL COACHING



A trusted and equipped guide helps you achieve your personal and professional goals.

ORGANIZATIONAL CONSULTING

We design a plan to solve your most pressing problems by investing and developing to meet the demands of your organization.



