

COURAGE + ACTION + NOW = SUCCESS



Make Visions Reality!

Ingredients to Success!

www.ThePowerOfCan.com

Individualized Coaching



Motivational Programs



Teamwork Programs



Youth Programs



The **CAN** Menu

All In One (45 minutes– 1.50 Hours)

The condensed CAN Presentation that explores Courage, Action and Now.



Jessica Keyes

Basic Recipe (Module Presentations and Exercises)

C– Courage (1 hr. module and 1/2 hr. exercise)

A– Action (1 hr. module and 1/2 hr. exercise)

N– Now (1 hr. module and 1/2 hr. exercise)

Suggested: No more than 2 weeks between programs.

704-746-7248

Jessica@thepowerofcan.com

Gourmet Blend

Basic Recipe + Special Ingredients as Requested! Blended to Perfection!

A La Carte

Just the Special Ingredients!

Special Ingredients Currently Offered:

- Communication *Don't see your special ingredient here?*
- Leadership *Need some Direction? Contact me!*

All offerings available for adults and youth alike. Call for a quote based on your needs!

Everyone has a unique set of ingredients!

Individualize Coaching

Provided on a weekly or monthly basis as requested. Coaching based on the processes and principles of CAN.

Youth CAN Lead Achievement Program

The early development of our youth's communication and leadership skills are essential to their personal growth and the development of our community health. This program will expose and have participants utilize necessary leadership skills that include things such as introducing yourself to others, organizing speeches and evaluation of self and others.

Pricing quoted for programs will be based on individual needs and preparation requirements.

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