

eMbolden

Learn to live and lead **boldly**.

Wellbeing & Performance Coaching

A professional development solution that builds leader confidence and boosts **organizational performance**.

eMbolden is a human-centric, holistic coaching program that enables high performing leaders and organizations. Developed from our years of delivering effective performance and resilience training to the military, we combined behavior-change science, our world-class team of experts, and innovative technology to create a centralized coaching solution that emboldens your team to take charge of their personal and professional growth.

Our Approach

The eMbolden approach is centered around behavior change for leaders through **coaching in a group setting**. While training is good, coaching is better. Coaching is scientifically proven to impact behavior change more than a single point-in-time training or self-guided learning.

Training vs. Coaching

TRADITIONAL TRAINING

- + One-time
- + Long periods of work disruption (*full day*)
- + Frequently off site
- + Self-guided
- + Transfers knowledge
- + Formal
- + Commercial, off the shelf content
- + Universal trainers
- + Individual learning

EMBOLDEN COACHING

- + Consistent touch points
- + Short sessions (*60 mins, biweekly or monthly*)
- + Online, virtual access
- + Live guidance, real-time feedback
- + Applies knowledge, develops skill
- + Informal, conversational
- + Personalized and flexible
- + Coaches have tactical experience, military knowledge
- + Individual + community learning

Learn more about eMbolden by contacting us



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Our Solution

eMbolden is a **high-touch coaching program** that inspires reflection, drives motivation, and increases competence in principles and strategies that leaders can implement in their personal and professional lives. It includes key components—such as application repetitions and expert feedback—that are proven to impact behavior change.

eMbolden Features

ASSESSMENT

- ▶ An organizational intake assessment to target specific needs
- ▶ Quick participant evaluations
- ▶ Follow-up assessment to visualize growth and effectiveness

EMBOLDEN EXPERIENCE

Coaching

- ▶ World-class performance experts with military knowledge
- ▶ Regular group coaching sessions, 1:1 video chat, and messaging

Community

- ▶ Peer learning through a collaborative open forum provides accountability
- ▶ Ask live questions, discuss ideas and reflections, and share barriers and strategies with peers

Resources

- ▶ Concepts grounded in science
- ▶ Curated videos, articles, and exercises for self-reflection and application



REPORTING

- ▶ 24/7 self-service dashboard with filterable data
- ▶ Compliant with Federal Information Security standards

Results

We measure leader changes through an initial assessment and embed surveys throughout the coaching engagement. Participants will report on their own learning and behavioral changes, which serve as soft indicators of more substantive aggregated changes at the organizational level.

BENEFITS FOR LEADERS

- ▶ Increased self-awareness
- ▶ More clarity of purpose
- ▶ Improved optimism
- ▶ Enhanced emotional regulation
- ▶ Increased sense of belonging and connectedness
- ▶ Improved resilience

BENEFITS FOR YOUR ORGANIZATION

- ▶ Increased psychological safety, connectedness, and trust
- ▶ Attracts and retains skilled employees
- ▶ Enhances overall motivation and engagement
- ▶ Promotes teamwork and productivity
- ▶ Improves strategy execution

Move beyond training programs and invest in a wellbeing and performance solution that drives your entire organization forward.