

# eMbolden

Transform Your Team and Drive **Mission Success**

Offering research-backed solutions to enhance individual and team performance.

Backed by the highest certifications and real-world results, our Coaches are masters at unlocking the mental toughness that fuels elite performance.



## Guiding Organizations Toward Success

When the mission can't fail, your leaders can't either. Military-grade performance training for excellence.

eMbolden is a high-impact coaching program that empowers leaders and teams to grow, perform, and lead with purpose. **Built on proven methods used in military training**, it blends science-backed tools with expert coaching to drive real behavior change.

eMbolden supports personal and professional growth, helping individuals build resilience, confidence, and clarity. Scalable and easy to implement, it moves organizations forward.

**Over 1 million**

Service members trained in mental performance excellence

Develop Talent.  
Meet The **Mission.**

### Optimizing Self

- ▶ Mindset & Purpose
- ▶ Mental Agility
- ▶ Energy Management

### Connecting with Others

- ▶ Strengthening Relationships
- ▶ Communication and Feedback
- ▶ Growth and Development

### Leading Teams

- ▶ Culture of Collaboration
- ▶ Motivation
- ▶ Building Trust



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## Customize Your Approach



### Training & Coaching

**Our science-backed program builds resilience, boosts performance, and helps people thrive.** We focus inside-out by strengthening purpose, mindset, healthy habits, and social connection to support authentic living. From the outside-in, we equip leaders to create positive cultures where teams grow, succeed, and thrive together.



### Group & Individual

**Our expert-led training blends group learning and personal coaching to spark real change.** In groups, we use peer learning to turn science-backed ideas into action. One-on-one, our coaches help leaders build lasting habits that improve their lives—and the culture of their teams. It's not just about learning; it's about transformation.



### Right-Sized Solutions

**Our human-centered methods adapt to your needs.** Embed a performance coach within your organization for ongoing support, use out-of-the-box solutions for quick results, or deploy a mobile training team for a thorough needs assessment. The greatest success comes from choosing the approach that fits your team and drives lasting impact.

## Learning Pathways



### Optimizing Self

#### Mindset & Purpose

Develop a growth mindset and align daily tasks with a deeper purpose to boost teamwork, motivation, focus, and resilience.

#### Mental Agility

Stay flexible, shift focus, and recover quickly under pressure.

#### Energy Management

Use science-backed strategies to manage stress, recharge, and build energy-boosting habits.



### Connecting with Others

#### Strengthening Relationships

Strong teams put people first. Build trust and connection through time, effort, and awareness.

#### Communication and Feedback

Communicate clearly, give honest feedback, and influence without overpowering.

#### Growth and Development

Support others by recognizing strengths and creating opportunities for growth.



### Leading Teams

#### Culture of Collaboration

Foster a safe space where teams share ideas, own outcomes, and grow from mistakes.

#### Motivation

Discover what truly drives people and how to build shared purpose and lasting drive.

#### Building Trust

Build strong teams through clear roles, open communication, and shared goals.

Ready to unlock your team's full potential?



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