



# The GO Programme

## Cultivating wellness and high performance for business success

What would your business be like if your team was performing at its true potential? Do you ever wonder how you can engage people to really do their best? If so, the GO Programme has been designed for you. This innovative programme will empower your staff and leaders to drive their own results and achieve genuine high performance.

You know the impact on the business when people are stressed or lacking energy and focus. It can take time and effort to deal with, and yet we know that the key to success is to get on top of these issues, and stay on top of them. The GO Programme facilitates these kinds of changes quickly and in a sustained way, building individual and team resilience - the route to high performance.

It's about helping your people develop the right skills and the right mind-set - to help your business thrive.

**Karen Ross**  
Coach | Trainer | Speaker



### GO Programme Overview

A 9-month structured programme including:

- Seven 90-minute seminars
- On-going email coaching
- On-demand individual coaching as needed
- Regular email 'power tips'
- Booklets, tools and audio/visual downloads

Ideal for:

- Staff and managers focused on performance and wellness at work.
- Individuals struggling with stress patterns and personal effectiveness.
- High performers wanting to fine-tune and continue excelling.

Ideally run for whole teams, helping instil a culture of high performance. Ideal numbers are 5 - 30 people per programme.

Investment starts at \$129 per person/month.

For a complete information booklet simply email us at [karen@avaraconsulting.co.nz](mailto:karen@avaraconsulting.co.nz), or phone 021 403 408.

"It's absolutely amazing. I don't think I've ever gone ten days without feeling stressed and overwhelmed. And my boss has also noticed."

*M. Hammond*  
Services Manager