



*work life flow for joyful growth*

Within people lies dormant a wealth of talent, creativity and experience. The key for leaders is to facilitate a work environment that unleashes the potential, personal effectiveness, productivity, wellbeing and wisdom of people. Using trusted techniques Interchange Consulting raises consciousness and develops a process to help remove the external and internal barriers that inhibit women, and men from contributing their talent and adding value.

## Interchange Value Proposition

We facilitate **Work Life Flow™** by generating agile innovative workplaces for all where the competing demands of business and personal life seamlessly interchange and thrive.

### Consulting

1. **Keynotes / Briefing Sessions** to Boards, CEO's, senior managers - half day
2. **Work Life Flow™** analysis, strategy, policy, process implementation and communication
3. **Coaching/Mentoring** individual and group sessions for women
4. **Workshops/Training** ½, 1 – 2 day, 6 day, Webinars  
Incorporating the Orange Life, Conscious Business and Integral principles
5. **Lunch and Learn** information sessions
6. **Affinity Groups** – Parenting, Return to Work, Transition to Retirement

### Individual Coaching

**Coaching/Mentoring**, call to arrange a free assessment + 1 310 489 0253

### Our team

- ❖ Michelle Waters M.Mgt., founder Interchange, co-author *The Orange Line: A Woman's Guide To Integrating Career, Life & Family*, consultant, coach, facilitator in work life flow, evaluation, strategy and implementation for organizations, aspiring leaders, women, couples, families.
- ❖ Dr Marcia L. Pressman PhD is President, Institute of Applied Psychology, experiential workshop designer and facilitator.
- ❖ Jeannette Diaz EdD, Integral Master Life Coach.
- ❖ Dr Richard Harmer PhD, CEO, The Holos Group, is a leader in new business insights and leadership actions focused on improving organizational performance and innovation.

### Contact

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