



# Experience Human Coaching



*A Person Centered Model for Coaching Up Your Team*

14 Hour Virtual Course  
March - 2025

## Join Us!

Learn the skills necessary to have  
**Meaningful Conversations**  
with your team members!



Visit Our Website

<https://www.ginabrelesky.com>





# You're Invited to Join Us!

**14 hours over 4 sessions!**

**Dates:** March 12, 13, 26 & 27

**Time:** 11:30am – 3:00pm Eastern

**Where:** on Zoom!

**Don't Miss Out! Register Today!**

<https://tinyurl.com/59u2hcpc>

Once you register you will receive the invite for the first day from Zoom. We will send you the remaining 3 invites within two days!



# Experience Human Coaching

## *A Person Centered Model for Coaching Up Your Team*

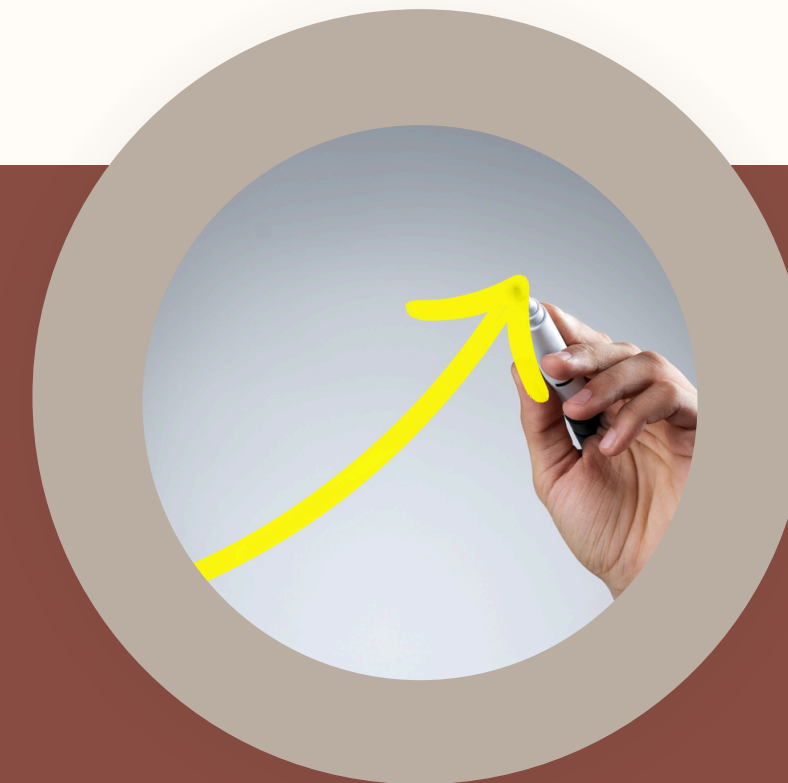
Supporting people's thinking, developing strong relationships, building trust, and being curious are all part of having meaningful conversations which are at the heart of Person-Centered Coaching.

When we come from a place of curiosity rather than judgement, we are able to honor each person as an individual and value their ideas and perspectives. Using this model of coaching allows us to build strong relationship with our team members, support their critical thinking, help them to come to their own insights and solve their own problems.



### **Curiosity vs. Judgement**

When we come from a place of curiosity rather than judgement, we are able to honor each person as an individual and value their ideas and perspectives. Using this model of coaching allows us to build strong relationship with our team members, support their critical thinking, help them to come to their own insights and solve their own problems.



### **Performance & Retention**

Many organizations want to develop their people to a higher level of performance, support them in achieving results, and retain them for the long term. During this session we will share the research based coaching skills to equip you to positively impact performance and retention.

# Why Experience Human Coaching?

80%

*of employees who say they have received meaningful feedback in the past week are fully engaged.*

Gallup 2024 Workplace Trends Report

**Based on the latest workplace research and neuroscience, this program will support you in connecting more deeply with your people to build a foundation of trust on which you can coach them to a higher level of performance and engage them to stay with your organization for the long term!**

**WE PREPARE YOU TO HAVE  
MEANINGFUL  
CONVERSATIONS WITH  
YOUR TEAM MEMBERS.**



**Your Investment:  
Only \$575 per person!**



**Register before February  
20th  
for Early Bird pricing!**

**Save \$75 per person!  
Once you register you will be  
sent an invoice -  
no need to pay now!**

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# Your Facilitators

## About Julie East

Human Resources Executive and Executive Coach

Julie East is a seasoned human resources professional and executive coach with a passion for helping leaders attain their full potential. Julie takes pride in offering thoughtful coaching to executive teams and supporting the growth of HR professionals through mentoring and coaching.

Certified as a Professional Diversity Coach by the CoachDiversity Institute in Washington DC, Julie also holds an Associate Certified Coach credential from The International Coaching Federation. Her focus lies in helping HR leaders position their roles strategically.

Julie has navigated roles in Fortune 500 companies like Gap Inc. and Amazon, as well as in local family-owned businesses such as Klein's Shoprite of Maryland and Atlas Restaurant Group. Recently retired from her corporate role as Atlas's Vice President, Talent, Org Effectiveness, and HR, Julie offers a wealth of experience to her clients.

Julie holds a bachelor's degree in psychology from Oklahoma State University, completed the University of California's Instructional Design program, and earned a graduate-level certification in Change Management from Johns Hopkins University.

Beyond her professional achievements, Julie is actively involved in the community. She serves as a board member for the Baltimore non-profit Paul's Place and volunteers with SHRM National as a collaborator on SHRM-CP certification exams.



## About Gina Brelesky

**Author, Executive Coach, Learning Professional**

Gina a versatile individual with a passion for guiding people to build resilience in themselves, their companies, and their communities. Her journey began in human service operations and over the span of 30 years, she emerged as a learning leader, dedicated to serving those in service to others.

Gina's impact extends globally as she's traveled far and wide, conducting learning events, giving key notes, and supporting leaders at all levels.

Her fervor lies in supporting those in service professions, fostering personal resilience, and maintaining an unwavering belief that curiosity keeps us growing. Gina is committed to enhancing the leadership, resilience, and performance of individuals, teams, and organizations, incorporating the latest findings from brain science into her work.

A true New Yorker at heart, Gina now resides in Maryland with her husband John. Armed with Master's degrees in Public Administration and Education, along with a Certificate of Advanced Study in Resilient Leadership, Gina is a certified Executive Coach through the Neuroleadership Institute. She is also a certified virtual facilitator through XCHANGE as well as a facilitator for DDI, DiSC, and the Heartmath Institute.

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