

Opportu's Adapt & Grow suite of programs combines current best practices with thorough diagnostics, and innovative learning and engagement practices such as somatic methods, creativity stimulation and brain science. The result? *Transformation*. Concepts that really stick and participants that clamor for more!



## **BUILD**

### **Leadership Skills and Confidence for Executives**

This customized training meets your leaders and managers where they are - whether they are new to leadership or seasoned leaders - we tailor best practices to engage and inspire.

## **ASPIRE**

### **Growth-Minded Coaching for Executives, featuring the Opportu 360**

Every leader can use a strategic ally to work with them on challenges so they can grow and lead more effectively. Our proprietary 360 assessment is just one of the high impact tools we offer.

## **CONCORD**

### **Trauma-Informed Diversity, Equity & Inclusion (DEI)**

Taking a trauma-informed, coaching approach to DEI helps to ensure successful, brave, human-centered culture change at a deep level for your organization.

## **STRONGER**

### **Resilience Building for Individuals, Teams and Companies**

Businesses everywhere, including your employees, were impacted by the global pandemic – and still are. Resilience is not automatic – it is a learned behavior, and this training provides a “Roadmap to Resilience”, along with sustainable practices, to help your workforce and your business to become resilient.

## **BRILLIANT**

### **Executive Presence & Adaptive Communication/ Presentation Skills**

Being an effective communicator is a critical part of an executive's journey as they expand their responsibilities and scope as a leader. Our proven methods have shown to transform not just skill levels but confidence levels of even the most hesitant executive, so they can truly shine.

## **BOLD**

### **Brain-and-Body-based Occupational Learning and Development**

This program helps teams and leaders in law enforcement and transportation acquire new skills and behaviors that foster more respectful, positive interactions with the public, and to cultivate effective community and problem-solving strategies.

**Our trainers, consultants, content developers and coaches are a talented, diverse team, representing the people in the organizations and communities that we serve.**

Interested in bringing one of these programs to your organization?  
Contact us at [inquiries@opportu.com](mailto:inquiries@opportu.com) or visit [opportu.com/training](http://opportu.com/training) to learn more.