



**Dimensions Consulting LLC  
Menu of Services 2025**

We provide a range of services and a variety of tools and assessments to help individual clients, teams and organizations accelerate performance and achieve results. Every Dimensions offering is supported with scientific evidence and delivered by highly educated and trained professionals.

<b>Coaching</b>	
Individual Coaching	Virtual coaching tailored to client needs and goals. Overcome obstacles, find balance and achieve goals that enhance your performance and wellbeing.
Team Coaching	In-person or virtual coaching to help intact teams improve communication, engage in productive conflict and achieve results, together.
<b>Leadership Development</b>	
Leadership Coaching	The Leadership Coaching program includes one-on-one coaching sessions scheduled over 4 to 6 months. We use a variety of evidence-based tools and assessments to give leaders insights into their own tendencies and help them work more effectively with others.
360 Feedback	Leaders gain new insights and perspectives, and learn to align their intentions with research-based, high-impact leadership behaviors.
<b>Learning &amp; Development Courses</b> These research-based programs can be delivered in-person, virtually, or asynchronously	
Wellbeing	Based on the PERMAH model and the science of positive psychology, Wellbeing provides practical tools and strategies for thriving in both personal and professional settings.
Emotional Intelligence	Emotional Intelligence teaches the science of EQ, five core emotional skills, and practical strategies to manage emotions and improve relationships.
Resilience	Resilience gives participants practical, research-based strategies and tools to overcome challenges and thrive in the face of adverse events.
Mindfulness	In the Mindfulness program, learners develop the habits and skills to focus attention, be present in the moment and manage automatic thoughts that trigger unproductive behaviors.



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<b>Assessments &amp; Reports: Everything DiSC®</b>	
Workplace	Establish a common language and understand your needs and the needs of others. Learn about styles, priorities, motivators and stressors, and build more productive relationships.
Productive Conflict	Curb destructive behaviors and effectively respond to conflict situations. Explore destructive conflict responses and learn methods for making more productive choices during conflict.
Agile EQ	Learn to read the emotional and interpersonal needs of a situation, understand the natural mindsets of DiSC styles and stretch into ways of thinking when needed.
Management	Improve your ability to manage time, make decisions, approach problems, adapt to the styles of others and bring out the best in every employee.
The Work of Leaders	With a unified model of vision, alignment, and execution, leaders understand how their styles influence their effectiveness in leadership situations.
<b>Assessments &amp; Reports: The Five Behaviors™ of a Cohesive Team</b>	
Five Behaviors Personal Development	Discover how your personality influences how you function as a member of a team and your approach to trust, conflict, commitment, accountability and results. Develop practical strategies to be a better member of any team.
Five Behaviors Team Development	Follow a roadmap to higher performance and improved results with Five Behaviors Team Development. Learn how personality styles and team dynamics affect the team’s ability to engage in trust, conflict, commitment, accountability and results. Develop team goals and strategies to accelerate performance.
<b>Assessments &amp; Reports: The Leadership Practices Inventory 360 feedback survey</b>	
LPI 360	This observation-based assessment measures five general practices and 30 specific behaviors associated with exemplary leadership. Results provide leaders with real-world feedback and a holistic perspective on leadership strengths and opportunities for growth.