



# Develop and lead your High-Performance Teams

*... I'm a better leader. She has re-energized my perspective on developing my team of leaders into a high-performance, innovative team of professionals!* Carl B. Forkner PhD, COO DWT

**Dr. Karen Jacobson, High-Performance Strategist, Speaker**

[www.drkarenjacobson.com](http://www.drkarenjacobson.com) • (480) 447-6463 • [drj@drkarenjacobson.com](mailto:drj@drkarenjacobson.com)

- ◆ Are you spending your time resolving conflict because your team members are not getting along?
- ◆ Do they lack the focus, drive and motivation to perform at their best and achieve company goals?
- ◆ Are your team members disengaged and appear dissatisfied at work?

Dr. Jacobson offers custom High-Performance programs to individuals and companies. She took her military experience, years of running a healthcare practice, as well as studies in language and communication and applied a combination of neuroscience, effective mind-body techniques, turning them into strategies and courses for CEOs, leaders, entrepreneurs, and people who seek the highest levels of mental and physical performance and well-being.

## The High-Performance Triad Programs

### Team Programs

Team programs are customized to identify the key challenges they are facing. The process uses some of the most current **assessment tools** to discover **personality styles, personal motivators** and other core communication skills. Talent development is done thru the High-Performance Triad principles and other customized programs that directly provide solutions to those issues. Those programs cover topics from core communication to **Emotional intelligence**.

### Executive Coaching

For executives and professionals who are looking to move past their own personal barriers, create lifestyle changes and become more effective leaders and communicators, I provide individual programs. Programs range from a High-Performance Power Hour focused on a solution for a single issue, One-on-One private sessions or a VIP Breakthrough to achieve major performance improvements in a short time. In the process we help you remove barriers and uplevel your game.

### Benefits to you and Your Team

- ◆ Creating Positive Work Environment leading to collaboration and **improved productivity**
- ◆ Being a leader even if you are not “in charge” or “the supervisor”
- ◆ Conflict resolution and improved communication at work both on phone and Face to Face
- ◆ Identifying different **communication** and **behavioral styles** to connect with others in their language

### About Dr. Karen Jacobson

Former Israeli Military Commander, Doctor, Champion Ballroom Dancer. Dr. Karen Jacobson is the creator of the [High-Performance Triad](#) and author of [Power Conversations](#). She is a speaker and strategist who works with entrepreneurs, executives, and professionals showing them how to play at the top of their game lead High-Performance Teams.

Download full CV <https://tinyurl.com/yc4p7wbo>

See Dr. Karen in action: <https://youtu.be/CeLlzkH7b-c>

*"I attended Dr. Karen's training and it was pretty awesome. It helped me **improve my closing ratio and increase my bottom line**. I would definitely recommend her programs to everyone in business."*

Nicole Thompson, Consultant, Event Organizer UBW