



# STRIVE FOR MORE

Strive For More helps leaders master their mindset to increase their focus, confidence, and performance while motivating others to do the same. Founded by Steven Nathenson, a Leadership & Executive Coach and former FBI Special Agent, our proven training and coaching programs help leaders and their teams thrive through challenges and achieve ambitious results.

## G.R.I.T. – Give, Recognize, Implement, Time® Coaching for Leaders

Our highly personalized one-on-one coaching addresses your specific needs, helps you overcome challenges, and achieve your goals. You'll have access to on-demand 30 and 45-minute coaching sessions (up to 60 or 90-minute sessions for certain programs) and our G.R.I.T. - Give, Recognize, Implement, Time® 360.

[Watch our welcome videos to learn more about how our coaching works.](#)

### Our Coaching Helps Leaders



### What the G.R.I.T. - Give, Recognize, Implement, Time® 360 Measures



#### G.R.I.T.

- ✓ Giving Ourselves Permission to be Human
- ✓ Recognizing We have a Choice
- ✓ Implementing Small Steps
- ✓ Time



#### IMPACT

- ✓ Authenticity
- ✓ Career Affect (Burnout, Engagement, Inspiration & Satisfaction)
- ✓ Cognitive Hardiness
- ✓ Communication
- ✓ Empathy
- ✓ Leadership (Authentic, Servant & Transformational)
- ✓ Mentality
- ✓ Motivational Precursors
- ✓ Performance
- ✓ Relationships
- ✓ Self-Awareness
- ✓ Self-Compassion
- ✓ Strategic Implementation
- ✓ Stress Level
- ✓ Well-Being



#### KEY SKILLS

- ✓ Art of Subtle Suggestion Precursors
- ✓ Authentic Leadership Precursors
- ✓ Emotional Intelligence
- ✓ Potential Limiting Beliefs
- ✓ Social Intelligence
- ✓ Trust Factors
- ✓ Team Unification Factors

*“You’re in good hands with Steven as your coach! I am grateful for the experience”*

Lee Ann - Chief of Staff, NETL



[Check out our podcast for free ways to harness your G.R.I.T. now!](#)

[www.striveformore.com](http://www.striveformore.com)