



TRIPLE YOUR TEAM IMPACT

*An Intentional Learning Journey for Alignment,
Communication, and Collaboration*



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ABOUT

YOUR HEALTHY REALITY

Your Healthy Reality (YHR) is a certified women- and minority-owned (NYC & NYS WMBE) organizational development firm specializing in leadership development, team-building retreats, professional development trainings, and learning & development programs. With a proven track record of enhancing employee engagement, psychological safety, and leadership effectiveness, YHR is a trusted partner for organizations dedicated to growth and innovation. YHR designs and delivers learning and development programs centered on resilience, adaptive leadership, and cultivating a collaborative workforce. Each program is thoughtfully crafted to support the mental well-being of employees and foster environments where individuals and teams can truly thrive.



Our specialized areas of focus include:

- 1 Leadership & Management Coaching and Development
- 2 Team-Building Retreats and Engagement Experiences
- 3 Training and Professional Development Workshops
- 4 360 Surveys and Culture Assessments
- 5 Human Resources Management Services

CERTIFICATIONS



It's More Than Team Building — It's an Experience!

At **Your Healthy Reality**, we believe high-performing teams are built intentionally.

Our **Team-Building Retreats** are immersive, coaching-based experiences designed to help teams reset, reconnect, and realign around how they work together. This is not about games for the sake of fun — it's about **meaningful connection, clarity, and collaboration** that lasts beyond the retreat.

Two Ways YHR Can Help You Triple Your Team's Impact

1. Curated Team-Building Retreats

We design and facilitate transformational retreats — from one day to a full week — filled with intentional learning, meaningful connection, and engaging activities that strengthen trust, clarity, and collaboration.

2. Customized Team Learning Journey

We partner with you to design a year-long learning plan using our most impactful team-building workshops and coaching sessions. Each experience is tailored to your culture, goals, and real-world challenges — so growth sticks.



RETREAT OVERVIEW

Triple Your Team Impact is an intentional learning journey that strengthens the foundation of teamwork by focusing on:

- **Alignment** – Understanding purpose, roles, and shared direction
- **Communication** – Improving clarity, trust, and connection
- **Collaboration** – Working interdependently to achieve results

Through guided reflection, interactive exercises, and facilitated dialogue, teams gain insight into how they show up, **how they communicate, and how they can perform better together.**



OBJECTIVES

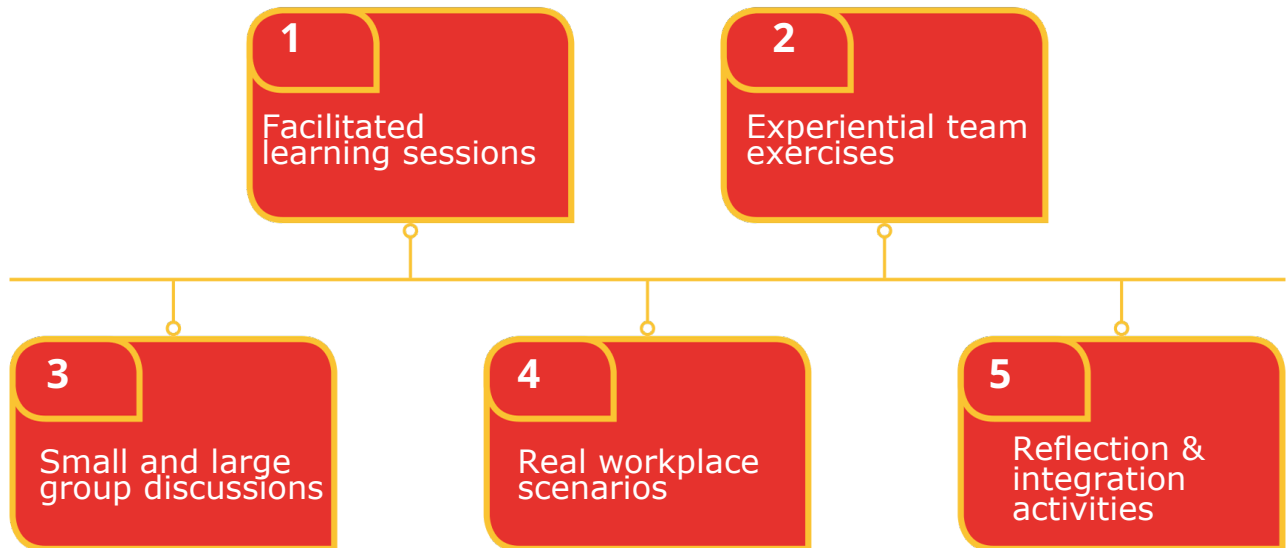
By the end of the retreat, participants will be able to:

- **Strengthen trust and psychological safety within the team**
- **Improve communication across different styles and personalities**
- **Clarify individual roles and how they connect to team success**
- **Identify patterns that support or hinder collaboration**
- **Build shared ownership, accountability, and commitment**
- **Leave with practical tools they can apply immediately at work**



OUR APPROACH

All retreats are **custom-designed** and grounded in a **coaching-based methodology**.



Our goal is to create an environment where teams feel safe to engage honestly, learn from one another, and move forward with clarity and intention.



Your Team Retreat — Customized With What Your Team Needs Most

Your retreat is fully tailored to your organization's reality and pain points. At the same time, we offer a powerful set of proven session topics that consistently deliver results.

- ✓ **We Are One: Reset & Rediscover Our Why**
Re-center the team around purpose, values, and shared impact.
- ✓ **Building High-Performing Teams Through the 4Cs**
Communication. Collaboration. Clarity. Commitment. Strengthen the foundations that drive performance and trust.
- ✓ **Understanding the Power of Interdependence**
How each role matters — and why success depends on everyone.
- ✓ **Mastering Difficult Conversations with Clarity & Confidence**
Learn practical tools to navigate tough topics without damaging relationships.
- ✓ **Aligning As One: Developing Our Team Strategy to Fulfill the Mission**
Create a shared roadmap so everyone pulls in the same direction.
- ✓ **Speak Their Style: Understanding & Adapting to Individual Communication Styles**
Reduce misunderstandings and increase influence by speaking to how others process information.
- ✓ **The Alignment Café: Conversations That Move Teams Forward**
Guided dialogue that builds connection, ownership, and next-step action.
- ✓ **Embracing Transformation: Turning Challenges Into Empowering Change**
Shift from resistance to possibility — especially in seasons of transition.
- ✓ **Rise & Strategize: A Growth Mindset Journey**
By embracing a growth mindset, we create space for new ideas, align around what matters most, and position ourselves — and our teams — to pursue meaningful goals with purpose and confidence.

RETREAT FORMAT OPTIONS

We offer flexible retreat structures, including:

Half-Day to
1 Week
Retreats

On-Site
or
Off-Site
Experiences

Leadership
Team Retreats

Departmental
or
Cross-
Functional
Team Retreats

Strategic Planning
+
Team Alignment
Sessions

Virtual or hybrid options

KEY OUTCOMES

Organizations experience:

- Stronger team trust and engagement
- Clearer communication and reduced friction
- Improved collaboration across roles and functions
- Increased morale and sense of shared purpose
- Greater alignment between people strategy and business goals

WHO THIS IS FOR

This retreat is ideal for:

- Leadership and management teams
- Newly formed or growing teams
- Teams experiencing communication breakdowns
- Cross-functional or hybrid teams
- Organizations navigating change or transition



Triple Your Impact in 2026

Not by doing more... but by aligning better.

In 2026, high-performing teams won't be defined by titles or talent alone. They'll be defined by **how well they understand, communicate, and work together..**

That's why our **Team Learning Journey** is intentionally designed to move teams from fragmented to focused — together.

Here is the plan, TRUST YHR:

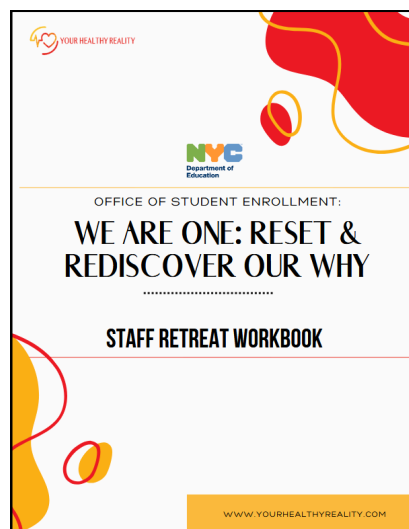
We Are One: Reset & Rediscover Our Why

Summary:

This session helps teams reconnect to their shared purpose and remember why their work matters. By stepping back from day-to-day demands, teams realign around mission, values, and collective impact.

Learning Objectives:

- Re-center the team around a unified purpose
- Strengthen connection and trust across roles
- Clarify how each person contributes to the bigger vision
- Create renewed motivation and shared commitment



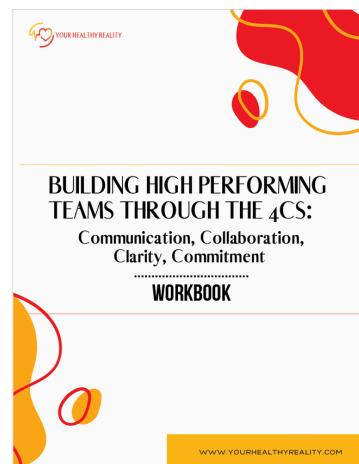
Building High-Performing Teams Through the 4Cs

Summary:

Using YHR's 4Cs framework — Communication, Collaboration, Clarity, and Commitment — teams build the foundation needed to function at a high level while minimizing friction and confusion.

Learning Objectives:

- Understand the four pillars of strong team performance
- Identify gaps that create breakdowns and misalignment
- Practice behaviors that improve collaboration and flow
- Translate clarity into accountability and momentum



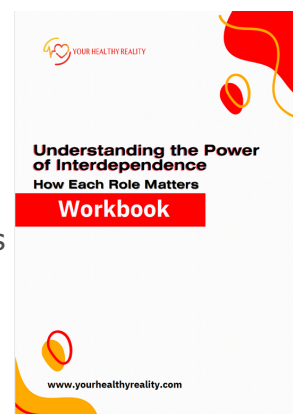
Understanding the Power of Interdependence: How Each Role Matters

Summary:

Teams learn how success depends on everyone — not just leaders. This session highlights the value of every role, improving appreciation, handoffs, and teamwork.

Learning Objectives:

- Recognize how roles connect and impact outcomes
- Shift thinking from "my job" to "our success"
- Strengthen collaboration across departments and functions
- Build respect and appreciation for diverse contributions.



Mastering Difficult Conversations with Clarity & Confidence

Summary:

Participants gain tools to navigate emotionally charged or sensitive conversations while maintaining professionalism, empathy, and accountability.



Learning Objectives:

- Prepare for tough conversations with structure and intention
- Communicate concerns without escalating conflict
- Balance empathy with clear expectations
- Leave conversations with next steps and shared understanding



Mastering Difficult Conversations Guide

A Coaching-Centered Approach to Navigate High-Stakes Conversations with Confidence & Clarity

Duration: 90 minutes

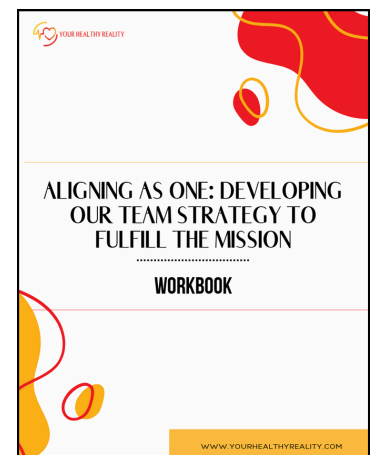
Aligning As One: Developing Our Team Strategy to Fulfill the Mission

Summary:

This working session helps teams clarify priorities, set direction, and align strategy with daily actions — ensuring everyone knows what success looks like.

Learning Objectives:

- Translate mission into actionable goals
- Establish shared priorities and responsibilities
- Create alignment across initiatives and teams
- Strengthen team accountability around results



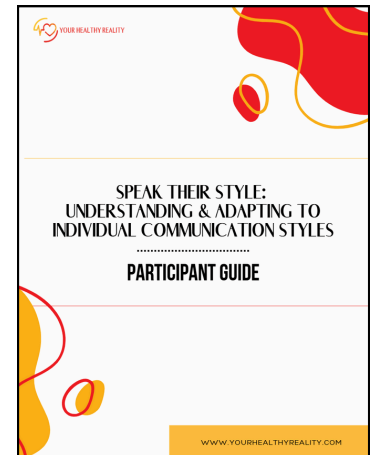
Speak Their Style: Understanding & Adapting to Individual Communication Styles

Summary:

Participants explore how different communication styles show up at work and learn how to adapt their approach to reduce misunderstandings and increase influence.

Learning Objectives:

- Identify personal communication tendencies
- Recognize how others prefer to receive information
- Adapt language and delivery to different styles
- Improve collaboration, listening, and connection



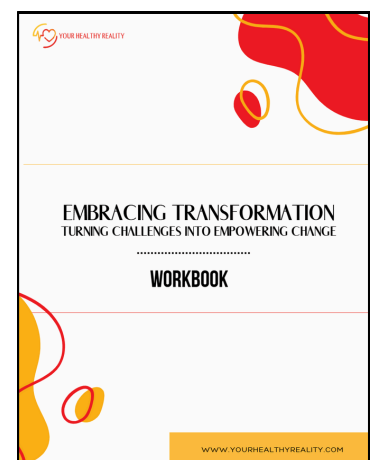
Embracing Transformation: Turning Challenges Into Empowering Change

Summary:

This session reframes obstacles as growth opportunities and equips teams with tools to navigate uncertainty while staying grounded, resilient, and future-focused.

Learning Objectives:

- Understand emotional responses to change
- Reframe challenges into opportunities for improvement
- Build resilience during transitions or disruption
- Create proactive strategies instead of reactive behaviors



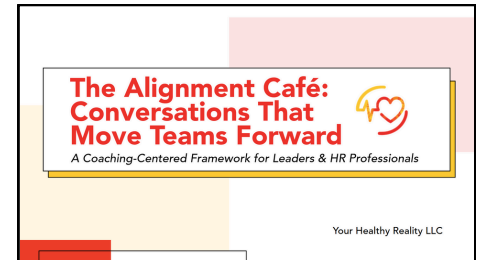
The Alignment Café: Conversations That Move Teams Forward

Summary:

Guided, café-style conversations allow teams to reflect, share insights, and collaboratively design practical next steps that improve how they work together.

Learning Objectives:

- Create space for honest dialogue and shared ownership
- Strengthen trust through reflective conversation
- Generate innovative solutions from collective perspectives
- Leave with actionable commitments and clarity



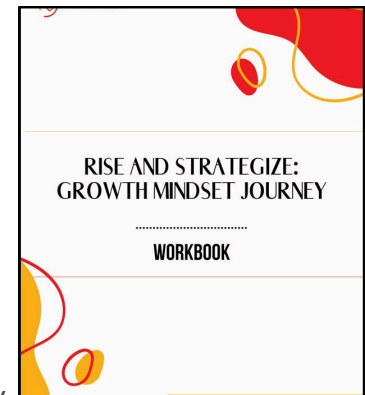
Rise & Strategize: A Growth Mindset Journey

Summary:

Rise & Strategize helps participants slow down, reflect, and reframe challenges through a growth-mindset lens. This experience guides individuals and teams to examine what drives their success, confront what holds them back, and align around intentional strategies that support meaningful, sustainable progress.

Learning Objectives:

- **Recognize** how mindset shapes behavior, collaboration, and strategic outcomes.
- **Identify** limiting beliefs and fixed-mindset patterns that may hinder progress.
- **Reframe** challenges as opportunities for learning, innovation, and resilience.
- **Clarify** priorities and connect goals to purpose and impact.
- **Commit** to specific actions and personal growth practices that support accountability and follow-through.

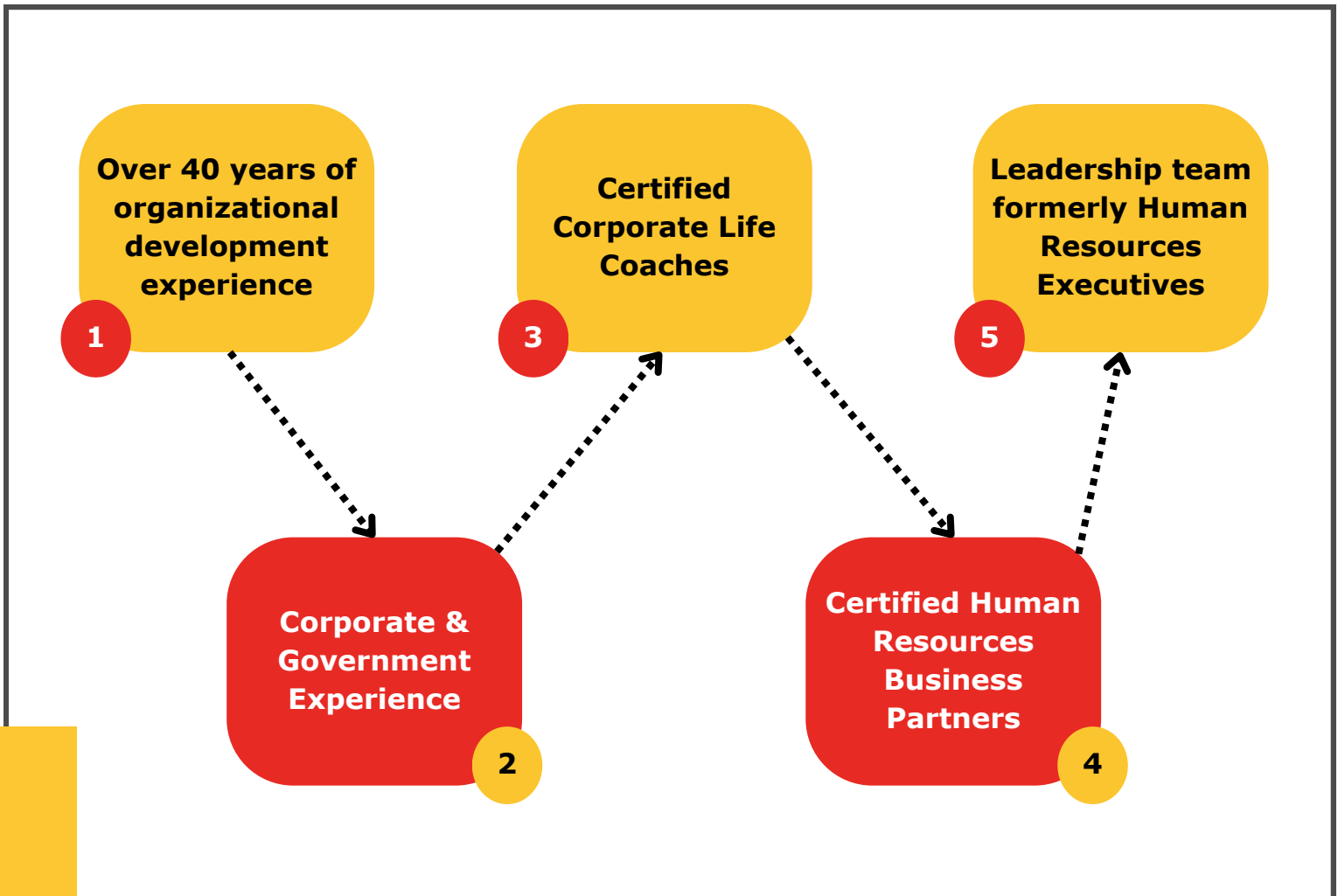




WHAT MAKES US DIFFERENT

Your Healthy Reality is a certified women/minority-owned organizational development firm that adopts a **coaching approach** to workforce development and team effectiveness.

Partial List of Happy Clients: Microsoft, Google, Flagstar Bank, NYC **Department of Education**, NYC Office of Labor Relations, NYC **Department of Transportation**, NYC Department of Citywide Administrative Services (**DCAS**), United Federation of Teachers, and **NYS** Empire State Development.



READY TO TRIPLE YOUR TEAM IMPACT?

Let's design a retreat that aligns your people, strengthens communication, and transforms the way your team works together.

Facilitated By

Your Healthy Reality

Leadership Coaching | Team-building Retreats | Professional Development

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