



# LORA CAVEN

CERTIFIED HIGH PERFORMANCE & POSITIVE PSYCHOLOGY COACH

EXECUTIVE  
HIGH PERFORMANCE  
COACHING PARTNER



Council for  
Continuing Pharmaceutical Education

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## LORA CAVEN



Lora is a highly accomplished entrepreneur who has built an international career in business and dedicated over 20 years to personal and professional development. She empowers and motivates individuals around the globe through high-performance coaching, training, and keynote speaking, helping them to lead fulfilling and meaningful lives.

With a deep conviction that everyone has the ability to shape their destiny, find their purpose, and make a positive impact on the world, Lora leverages positive psychology to provide her clients with the tools and strategies they need to achieve huge success and true fulfillment.

Whether you're seeking to change career paths, grow your business, improve your relationships, lead more effectively, overcome obstacles, or develop your inner strength, Lora is committed to helping you tap into your full potential and experience the joy and confidence that come from living a fully engaged life.

### **Industry Experience**

Lora has coached and trained clients in the following industry sectors:

Pharmaceuticals, Banking, Charity, Fashion, Hospitality, Sport, Oil & Gas, Legal, Energy, Academia, Finance, Entrepreneurship, Health & Wellness, Multimedia, Healthcare, Insurance, Sales, Human Resources, Engineering, ESG, Publishing, Leisure, Talent Management, Board Directors

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## 1-2-1 INDIVIDUAL HIGH PERFORMANCE COACHING (VIRTUAL)

**What's the #1 thing everyone in the world wants?**

**I believe that the answer, quite simply, is: MORE!**

MORE success at work, MORE happiness, MORE balance, MORE passion in their relationships, MORE money, MORE energy, MORE productivity and MORE meaning.

Everyone wants more of the good things that life has to offer, right?

Well, in order to get more, we need to activate our full potential. It's important that you hit a higher gear and become a high performer at whatever you do.

We have to become more focused, productive, influential, and successful.

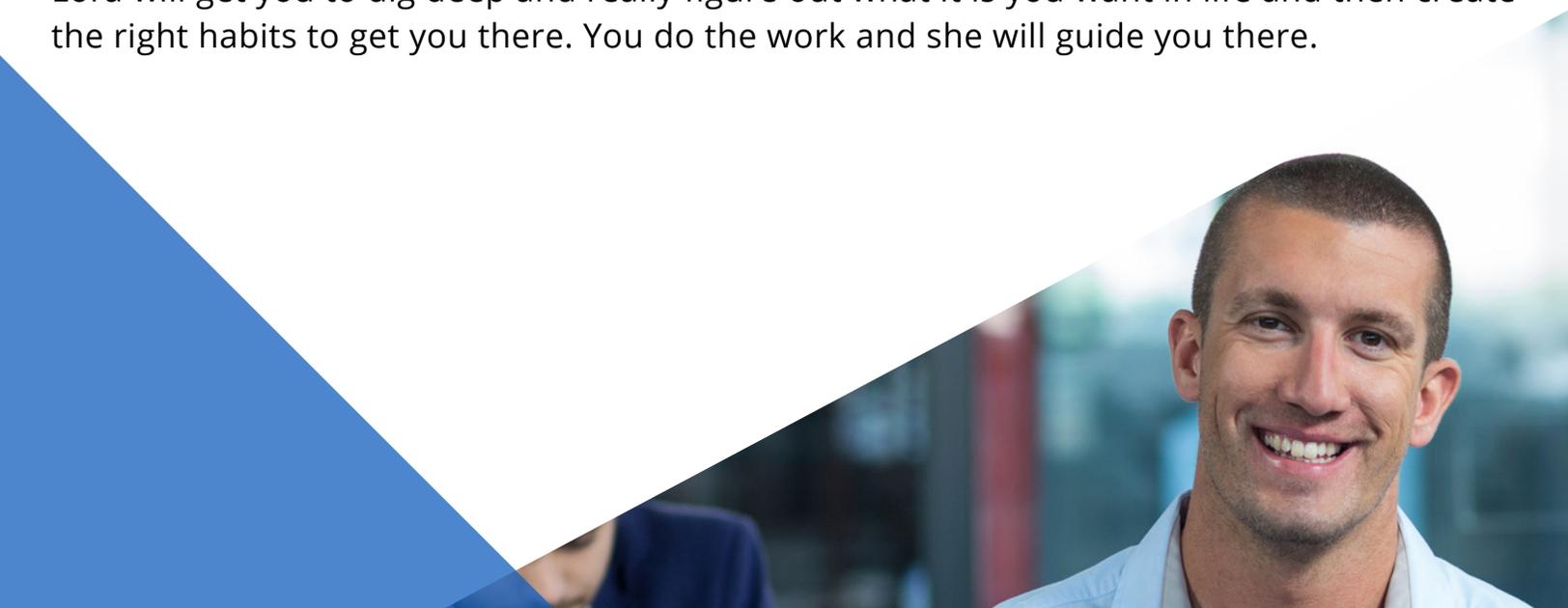
I'd like to help you do just that.

Regardless of your chosen field or endeavour, you can increase the quality of your life by committing to excellence in changing habits in all areas of your life.

By looking at your whole self, Lora can help you find your purpose and congruence with your goals, values, and habits.

She will teach you to be more intentional about who you want to become and how to be that person today.

Lora will get you to dig deep and really figure out what it is you want in life and then create the right habits to get you there. You do the work and she will guide you there.



## LORA'S OFFERING

### 1-2-1 INDIVIDUAL HP COACHING (VIRTUAL)

High Performance Coaching is a process designed to explore the various methods of reaching heightened and sustained levels of performance and potential throughout your life.

As a Certified High Performance and Positive Psychology Coach, Lora will work with you in this process initially through five key principles: Clarity, Energy, Courage, Productivity and Influence.

By mastering these areas, you will create the ongoing feeling of full engagement, joy, and confidence that comes from consistently living from your best self.

You'll feel more purposeful and fulfilled, and you'll discover new beliefs, habits, and tools that will enable you to join the world's most successful people.



You will be given regular assignments to amplify our time together, and keep you making consistent progression in all areas of your life.



You will have unlimited email/text access to me between sessions (response within 24 hours), and you will have access to any resource I have in my possession that will help you in any way.



We will connect every two weeks for 1 hour via Zoom video conference.

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## LORA'S OFFERING

# HIGH PERFORMANCE COACHING OVERVIEW

Goal: This 12 session program you will engage with 12 topics that will help you reach heightened and sustained levels of performance and potential in all you do.

### **Session 1: Focal Points**

We look at where you are currently in a few key areas, what you are currently focused on, what level of agency or control you feel right now in your life, and which habits you have that are already supporting you or pulling you away from performing at your highest level.

### **Session 2: Clarity**

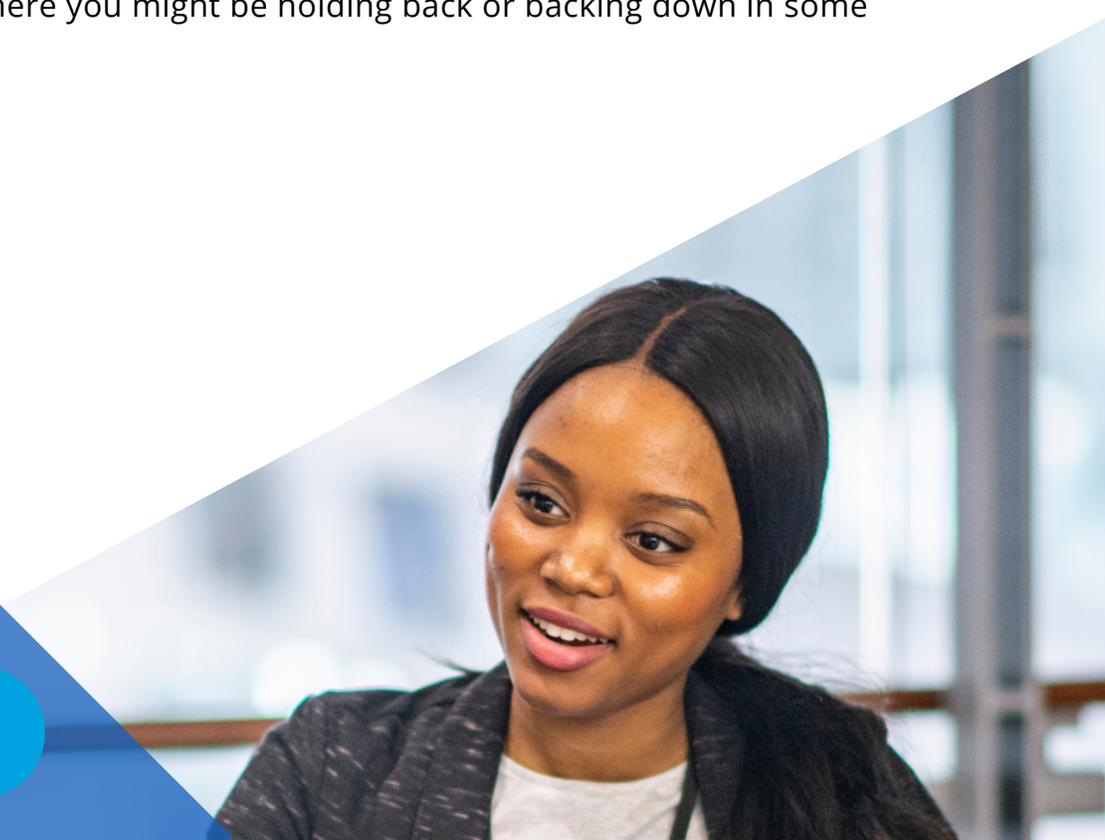
Our goal this session is to understand where you have strengths and gaps in the amount of clarity you have in your life and career right now.

### **Session 3: Energy**

In this session we will aim to quantify your daily energy and devise strategies to amplify the vibrancy and stamina you need to achieve your goals and live a fully charged life.

### **Session 4: Courage**

Our goal in this session is to discuss where you feel you've been confident and courageous in life and business, and where you might be holding back or backing down in some situations.



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## LORA'S OFFERING

### HIGH PERFORMANCE COACHING CONTINUED

#### **Session 5: Productivity**

In this session we will see how productive and effective you feel in your personal life and work life, and I will give you a set of tools and concepts to help you quickly and easily improve these areas.

#### **Session 6: Influence**

Our goal in this session is to gauge how influential you've felt in your relationships and career, and to give you a few tools and concepts that will raise your level of action and influence.

#### **Session 7: Psychology**

At this half-way point in the program we will begin going deeper into the six pillars of high performance customized to your situation: psychology, physiology, persuasive skills, presence, and purpose. Our goal in this session is to understand the success mindset in you.

#### **Session 8: Physiology**

In this session we will check in on your energy and physiology (from Session 3) and build upon it with more tools that activate your physiology so you feel stronger and more vibrant.



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## LORA'S OFFERING

### HIGH PERFORMANCE COACHING CONTINUED

#### **Session 9: Productivity Mastery**

Our goal in this session is to review how productive you have been over the past few weeks so we can look at ways you can become even more effective towards reaching your goals.

#### **Session 10: Persuasion Mastery**

In this session we will gauge how persuasive and influential you've felt in your relationships and career. I will give you tools that will raise your level of effectiveness in these areas.

#### **Session 11: Purpose Mastery**

At this point in the course you should have been moving towards your goals. We will analyze how effectively you have been in reaching these goals and to what extent you have been living and leading a purposeful and effective lifestyle.

#### **Session 12: Commitment to High Performance**

In this final session block we will check in on your performance and define your best areas for commitment and discipline as you move forward. This process is a commitment every day of your life that results in heightened and sustained levels of performance and potential.



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## TEAM COACHING AND TRAINING

*A "high-performance team" refers to a group of goal-focused individuals with specialized expertise and complementary skills who collaborate, innovate and produce consistently superior results.*

*The group relentlessly pursues performance excellence through shared goals, shared leadership, collaboration, open communication, clear role expectations and group operating rules, early conflict resolution, and a strong sense of accountability and trust among its members.*

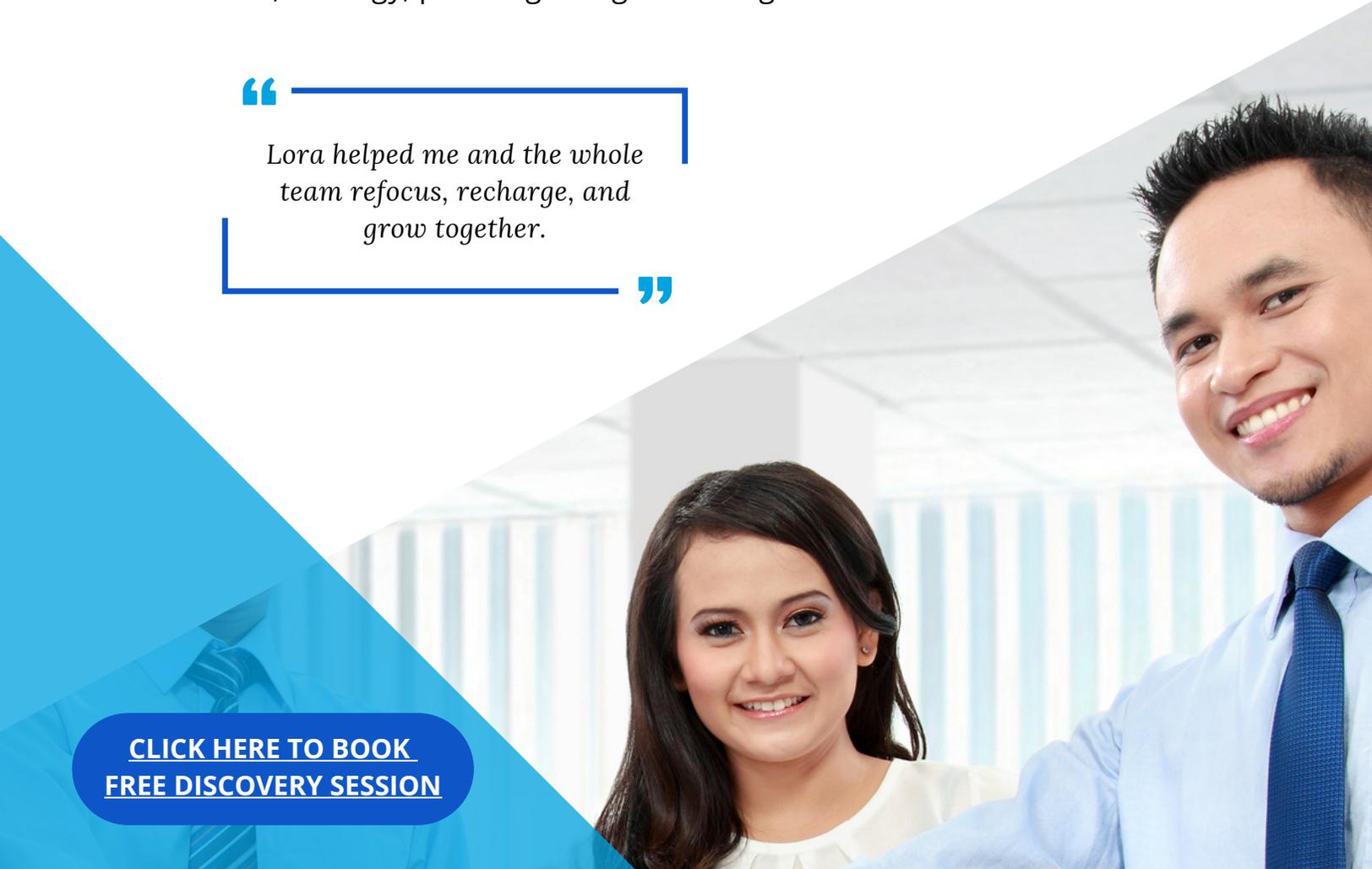
Lora works with leaders to fully customize a bespoke package based on the needs of each individual client and business. She has a unique ability to bring teams together helping them realize the power they harness as a unit.

Covering topics like maximizing your performance as a team, communicating for success, working smarter not harder, the science of wellbeing at work, courageous conversations, strategy, planning and goal setting to name a few.

“

*Lora helped me and the whole team refocus, recharge, and grow together.*

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## BENEFITS OF COACHING TEAMS

- **Nurture** your team's growth and development by providing coaching and support.
- **Foster** a sense of shared investment and ownership among team members.
- **Build** a foundation of trust and mutual respect within your team through effective communication and collaboration.
- **Give** your team members the tools and autonomy they need to make informed decisions that drive organizational success.
- **Encourage** team members to establish healthy personal and professional boundaries to improve work-life balance.
- **Provide** opportunities for reflection and celebration to acknowledge and learn from both successes and challenges.
- **Leverage** the knowledge and insights gained through past successes to inform future strategies and decision-making.



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## WHAT LORA'S CLIENTS HAVE TO SAY...

“ Group coaching has allowed me to open up about the challenges my business has been facing during these difficult times and to understand the opportunities in front of me in order to pivot and transform my business. ”

“ A gifted speaker, who captivates a room with her warmth, honesty and humour; I have been so privileged to listen to Lora speak and train. I would highly recommend Lora, especially if you're looking for someone to inspire, encourage and train your leadership teams. Lora is a pure class act! ”

“ Working with Lora has been, and this is an understatement, life changing. Her ability to create a clear picture of the options in front of me and educate on the tools necessary to achieve goals is best in class. She is inspiring and empowering, and I have been gifted with a world class coach. ”



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