

PROGRAMS & SERVICES OVERVIEW

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PROPOSED BY

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FOUNDER, MERAKI INSPIRED

MERAKI *inspired*
COACHING & CONSULTATION

WHO WE ARE

At Meraki Inspired, we are dedicated to helping organizations cultivate emotionally intelligent, resilient, and dynamic leaders. Specializing in leadership and team development, we offer programs that prioritize self-awareness, emotional intelligence, and authentic leadership.

Our approach is rooted in the belief that by bringing humanity back into leadership, we can inspire lasting change and foster stronger, more collaborative teams. With a focus on disruptive leadership, resilience, and values-based decision-making, we equip companies with the tools to navigate challenges, innovate, and drive sustainable success.

We believe leadership isn't just a title or job, it's a conscious choice made every day with intention, courage, and action.



WHAT YOU CAN EXPECT:

- **Tailored Content:** Training topics and materials designed specifically for you.
- **Flexible Delivery:** Choose from in-person workshops or live virtual sessions to fit your team's schedule.
- **Actionable Takeaways:** Practical, ready-to-use strategies & tools.
- **Ongoing Support:** Post-training resources and coaching options to ensure sustained growth and progress.

For more information or to schedule a consultation, visit:

www.merakiinspired.com

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EMOTIONAL INTELLIGENCE

The Emotionally Intelligent Leader

This session teaches leaders how to integrate the EQ-i 2.0 Model in their work by connecting it to their own assessment results. It offers a deeper focus on the skills essential for Transformational Leadership: Authenticity, Coaching, Insight, and Innovation and provides practical strategies that will create long term impact at an individual and organizational level. **Audience:** New and experienced leaders.

In this session, participants will learn:

- The science behind Emotional Intelligence (EQ) and why it matters in a professional context when stress levels are high
- How the 5 competencies of the Emotional Intelligence (EQ-i 2.0) Model work
- How to leverage their strengths & areas for growth in effective leadership
- Ways to develop and unlock their leadership potential



KEY OUTCOMES:

- Increased ability to manage stress
- More empathy & resilience
- Better decision making
- Improved self-awareness
- Better self/time management
- Stronger relationships
- ...and more!

General Format

- Live via Zoom or In Person
- Up to 24 participants
- Individual EQ Assessment & Debrief

EMOTIONAL INTELLIGENCE

The EQ Advantage: Leveraging Self-Awareness in the Workplace

Emotional Intelligence (EQ) is an essential skill for teams and leaders in every workplace. EQ is your ability to recognize and understand your own emotions and to use this awareness to manage behaviours and make effective decisions. When expectations and stress levels are high, even the strongest performers risk burnout. EQ is the solution to help leaders and teams recalibrate so they can continue doing great work. **Audience:** Teams.

In this session participants will learn:

- The science behind Emotional Intelligence (EQ) and why it matters in a professional context when stress levels are high
- How the 5 competencies of the Emotional Intelligence (EQ-i 2.0) Model work with a focus on Self-Awareness, Empathy, and Interpersonal Relationships
- How to apply the EQ Model in a diverse workforce



KEY OUTCOMES:

- Increased self-awareness
- Stronger customer/client & team relationships
- Better communication
- More trust, mutual respect & understanding
- Improved workplace culture & morale

General Format

- Live via Zoom or In Person
- Up to 24 participants
- *Optional:* Individual EQ Assessment & Debrief

Customized Design & Delivery

DISC FOR TEAMS

DISCover Your Strengths: Unlocking Team Synergy

Explore the power of DiSC, a highly respected and widely used assessment tool that helps individuals understand their behavioural styles and preferences. Through a series of activities and discussions, team members will gain valuable insights into their own communication styles and those of their colleagues, fostering a deeper understanding and appreciation for the diverse ways people approach work and relationships. **Audience:** Teams.

In this session participants will learn:

- Unlock the potential of DISC Styles and their implications for individual and team dynamics, performance, and synergy.
- Uncover personal communication preferences, strengths, and areas for growth.
- Learn how diverse DiSC styles contribute to cross-functional team dynamics and learn strategies for effective collaboration.



KEY OUTCOMES:

- Increased self-awareness
- Stronger customer/client & team relationships
- Better communication

General Format

- Live via Zoom or In Person
- Up to 24 participants
- *Optional:* Individual DISC Assessment

Customized Design & Delivery

COACHING ESSENTIALS

Lead Like a Coach Masterclass

This program introduces practical coaching strategies & models to help leaders create a culture where teams feel supported, empowered, and motivated by new levels of autonomy, trust, and innovation to reach goals. **Audience:** New, experienced and emerging leaders.

In this session participants will learn:

- Understand how to shift from managing to coaching helping individuals toward finding their own solutions, fostering growth, and unlocking their full potential.
- Apply coaching methods & techniques to save time, reduce stress, and enhance decision-making.
- Create an action plan for continuous development.



KEY OUTCOMES:

- Increased confidence using coaching strategies
- Seamless integration of leadership practices and coaching models
- Develop more autonomy, ownership, and trust within a team
- Improved workplace culture, productivity, and effectiveness

General Format

- Live via Zoom or In Person
- Up to 24 participants
- Workshop or Series options

I:I EXECUTIVE COACHING

Self-awareness is an essential skill that fundamentally impacts the success of a leader, especially when stress levels are high. It's critical that leaders have space for deep self-discovery, reflection, and growth with the professional support, guidance, and accountability of coaching.

Coaching helps leaders manage themselves, their work, and their teams so they can create impact without compromising their wellbeing or the quality of their workplace relationships.

Who this is for:

- Mid and senior level leaders
- New & Emergent leaders



WHAT'S INCLUDED:

- Coaching Agreement
- Pre-work: Discovery Questionnaire
- Emotional Intelligence (EQ-i 2.0) Assessment & Debrief
- MTDISC Assessment & Debrief
- Coaching Calls
- Personalized resources, practices, and growth work
- Unlimited Email & Voice Support

3 or 6 Month Engagement

CUSTOMIZE YOUR EXPERIENCE

At Meraki Inspired, we believe that every organization is unique, and so should be its approach to leadership development. Our tailored training programs are designed to meet the specific needs and goals of your company, ensuring a personalized learning experience that drives real impact. Our flexible training structure allows us to deliver these programs in various formats, including interactive workshops, one-on-one coaching, and virtual learning. Each session is crafted to be highly engaging, actionable, and aligned with your business needs.

Areas of Expertise Include:

- Leadership Coaching
- Team Development & Collaboration Workshops
- Wellness & Mental Fitness Programs
- Emotional Intelligence Training
- Speaking Engagements & Facilitation



POPULAR PROGRAMS

- Beyond Burnout: Manage Stress & Find Balance
- Mindset Mastery: Overcoming Self-Sabotage, Doubt & Fear with Confidence
- Stronger Together: Enhancing Team Relationships with DISC
- The Unbook Club for Busy Leaders
- IMPACT Leadership for Aspiring Leaders

ABOUT SUSAN

Susan Crawford is a powerful catalyst in leadership coaching, facilitation, and organizational development.

With more than 20 years of experience across diverse sectors, Susan is known for her ability to craft transformative experiences that nurture inclusive, safe, and thriving work environments.

Her approach is consistently praised as bold, engaging, and dynamic, creating spaces where individuals feel empowered to grow, share, and achieve meaningful, lasting change.

Susan honours and respects diversity, inclusion, and equity and understands the complexity of the intersectionalities of our identities. She brings this knowledge to her work



Susan champions leadership development from the inside out, with courage, authenticity and impact. Her coaching helps leaders inspire trust, creativity, and innovation, driving lasting transformation and success. By aligning purpose with action, Susan empowers leaders to create thriving teams and foster meaningful, sustainable change.

She is on a mission to bring humanity back to the workplace.

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