



CURIS CONSULTING

Unlock the Power of Leadership Development
for a Thriving Corporate Culture

WWW.CURISCONSULTING.CA

Why Leadership Development Matters



At Curis Consulting, we understand that corporate success hinges on one essential truth: healthy teams begin with healthy leaders. Investing in leadership development is paramount. It's the catalyst for a thriving corporate culture that drives productivity, employee well-being, and financial growth.

Our mission is to transform organizations into vibrant and inspiring environments that attract, retain, and empower talent. We work collaboratively with leadership teams providing guidance on engaging employees, fostering meaningful relationships, promoting psychological safety, and addressing personal and professional challenges.

What We Do

- P.E.R.S.O.N. Centred Leadership Approach™ skill development
- Implementation and integration of the Psychological Safety Standard into daily operations
- Customized training that enhances communication skills, fosters the development of confidence, trust-building, and the ability to navigate challenging conversations with ease
- Group / 1:1 coaching /consulting & facilitation Services

Our goal is to cultivate workplaces driven by the question, "How can I help?"
The result? Sustainable and psychologically safe workplaces.

Leadership isn't about being in charge, it's about taking care of those in your charge. Person-centered leadership focuses on understanding and valuing the unique needs and perspectives of each individual, fostering a culture of mutual respect and trust. When we lead with empathy and understanding, we create a more engaged and productive team. Together, we'll build a dynamic and supportive work environment, making it a place people never want to leave.

Our Philosophy



Our mission is to simplify leadership for organizations, enabling them to implement actionable interventions that enhance performance, productivity, and overall well-being. We offer evidence-based research in bite-sized, practical steps that yield results within weeks, not months. Our approach revolves around fostering genuine relationships and creating psychological safety—a space where trust and well-being thrive.

Michele, the founder of Curis Consulting, brings over 25 years of expertise in human behavior, team performance, leadership, and organizational development. As a Registered Nurse, she's known for guiding organizations in health and human services sectors through research-based exercises, leading to profound improvements in organizational development.

Sustainable Success

Remaining stagnant risks future setbacks and competitiveness. Embracing change, without the right expertise, tools, and guidance, to achieve success can be elusive and costly. Let us help you make it a reality.

Streamline Education & Training

Piecing together education and training from scattered sources is inefficient, ineffective and lacks cohesion. We offer a comprehensive, tailored approach to meet your unique needs.

Revitalize Leadership

Implement a leadership program that fosters meaningful connections, avoids crisis leadership and develops a workplace culture founded on integrity and trust.

How Do We Create Change?



Creating Safety

Understand the essence of psychological safety and its impact on your culture and employee experience.

Meaningful Talk

Empower 1:1 conversations that encourage people to share their whole selves without fear of judgement.

Skill Development

Identify behaviors hindering safety and build skills that foster psychological safety.

Team Dynamics

Create and sustain psychologically safe teams while monitoring team dynamics.

Workplace Culture

Establish organizational cultures grounded in shared values and the art of holding space for others

Self-Care Practices

Encourage holistic wellness programs to support long-term, healthier living options.

Leadership Skills

Foster expertise and leadership skills across departments with customized training emphasizing trust, listening, and empathy.

Safe Environment

Improve retention and reduce sick time rates by implementing strong physical and psychological safety practices.

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1:1 PROFESSIONAL DEVELOPMENT SERVICES



About Our Services

Unlock your full potential with our personalized coaching services. We are dedicated to guiding you through challenges, setting achievable goals, and cultivating a mindset for success. Whether you're aiming for professional growth, personal development, or a healthier lifestyle, our coaching services provide the support and strategies you need to thrive.

If you're not sure if you would benefit from 1:1 support, please feel free to get in touch for a chat.

I can't wait to speak with you!

Michele

I can help if you....

- ✓ have difficulty setting boundaries, expressing your needs, and want to learn to say "no" without guilt
- ✓ are changing careers and want to highlight your healthcare expertise so you stand out from other candidates in clinical and non-clinical settings.
- ✓ want to define your purpose
- ✓ want to change and feel unsure of the next step
- ✓ want to learn strategies to care for self
- ✓ have a vision and feel "stuck" on how to share it with others
- ✓ are not leading in your most authentic way and do not feel in alignment with your core values

Packages

Encourage \$200

This is the best package if you are looking to get started or unsure where to begin a goal

- 1 x 60-minute one-on-one session
- Support with 1 challenge or an area where you feel "stuck"
- Email summary after the session

Empower \$1,400

This is the best package if you are looking for ongoing development to support your goals. (3 month package)

- 7 x 90-minute 1:1 sessions (*recorded*)
- Voxer / Google Chat support between sessions
- Short and long term goal setting
- Printed resources as needed
- These sessions are completed within three months

Energize \$3,000

This is the best package if you are looking for the most immersive support to achieve your goals. (6 month package)

- 15 x 90-1:1 sessions (*recorded*)
- Voxer / Google Chat support between sessions
- Short and long-term goal setting
- Printed resources as needed
- These sessions are to be completed within three months

♡ Payment plans available



Michele Thomson

LEADERSHIP CONSULTANT & COACH | FACILITATOR |
REGISTERED NURSE

INTRODUCING MICHELE THOMSON

Michele is a workplace transformation specialist whose journey from a nursing career to leadership development and workplace culture consultant has shaped her unique approach - a fusion of the logical foundations of science with the power of mindset and the human psyche. She supports organizations and leaders in cultivating environments where individuals don't just work—they flourish. Her core mission: creating environments that foster professional growth, have a lasting impact and nurture individuals on a personal level.

With Michele, it's not just about making a living; it's about living a fulfilling life.

Ready to embark on a workplace revolution? Join Michele on a journey to reimagine your workplace, where the balance of science and mindset create an environment where both individuals and organizations can thrive and they never want to leave.

To learn more about me, visit my website!

Contact Michele

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Services

GROUP AND 1:1 COACHING
CORPORATE EVENTS
14-WEEK ONLINE LEADERSHIP
DEVELOPMENT PROGRAM-**LEAD FROM
WITHIN**
6-WEEK ONLINE **SELF-CARE
SIMPLIFIED** COURSE
CAREER TRANSITION & SUPPORT
JOB CRAFTING SUPPORT
6-WEEK ONLINE **THOUGHTS BECOME
THINGS** COURSE
ONLINE **COMMUNICATION THAT
CONNECTS** COURSE

GET
IN
TOUCH



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604-916-8937



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Discovery Call

Let's connect by video or telephone for a no obligation discovery call to identify what services would meet your needs and to answer any of your questions.