

# What would it mean to you to have support, tools, strategies and solutions to create and move your visions forward?

What if you FINALLY had a safe, confidential way to brainstorm, train, and move past any challenges you face and improve the life you already have?

BlueRio Strategies uses many techniques to help uncover, unlock and unleash everyone's best leadership potential. We do this with a hybrid of coaching and consulting. Most sessions are conducted via phone or skype increasing the sense of privacy and confidentiality although some can be delivered in-person. We also provide various assessments and tools to maximize your professional development. Coaching sessions are not pep talks – but strategic, leading edge engagements that keep you accountable and inspire you to move forward. You will reap lasting, meaningful results.

## Coaching programs can deliver ROI SIX times the cost of coaching

Benefits to the executives were improved:

- Working relationships with direct reports 77%
- Working relationships with immediate supervisors 71%
- Teamwork 67%
- Working relationships with peers 63%
- Job satisfaction 61%
- Conflict reduction 52%
- Organizational commitment 44%
- Working relationships with clients 37%

Executive Briefing: Case Study on the Return on Investment of Executive Coaching, MetrixGlobal, LLC November 2, 2001

"Working with Jessi has been a life changing experience - both professionally and personally. Her coaching not only helped me to better articulate the ideas I wanted to share in the workplace, but she also helped me drill down to reveal and dissolve the barriers I put up when communicating with certain audiences. Beyond the communication coaching, she helped me to begin a process of self-understanding, to discover what truly motivates me and what my mission in life is. I am tremendously appreciative of Jessi's insights and her passion for this work; I didn't realize the transformations that were around the corner when I picked up the phone earlier this year to inquire about Jessi's coaching!"

Karen, Franz Staff Scientist / Watershed Program Director at San Diego Coastkeeper

"Jessi's client-focused and individualized approach to issues of strategic planning and branding inspired confidence in her ability to provide custom-tailored coaching to both individual and group projects. Working with Jessi as a consultant provided positive return on investment. She is creative, skilled, and consistently reliable".

Elaine Brenchley First State Heritage Park, Project Director (Dover, DE)

"The business coaching helped me prioritize, simplified and brought the ideas to the surface. It helped me so much."

Jaime Cole, Owner Pilates A-Go-Go, Oceanside, CA

"Jessi LaCosta brings skill, knowledge and wit to an array of topics that are important to students and other potential leaders in our community. The quality that sets Jessi apart from others, though, is her passion for her work and her compassion for her clients. She understands the true nature of coaching – she "gets it." Jessi has been a true joy to work with both as a participant in workshops and as a presenter, and is a valuable asset to any individual or group as a coach, trainer, facilitator or speaker."

Anthony Butler, University of Baltimore

"From our first meeting, Jessi really was a catalyst for me, both personally and professionally. Her way of laser-like questioning has already helped me to re-focus my energies regarding how to direct my business and cultivate relationships in a way that is authentic, meaningful and vitalizing."

Michele Fry - Acupuncturist - Maryland



Contact us to find out how we can help you move your visions into reality. 760.720.9567, [www.bluerio.net](http://www.bluerio.net)



### Our Mission:

To help transform leaders, organizations, and communities into being effective, healthy and sustainable, through a creative blend of brand leadership building, strategic coaching and consulting. Our core values: Integrity, Respect, Authenticity, Compassion, Emptahy, Quality