



Emily Frank

Myers-Briggs & career effectiveness coach helping increase productivity, teamwork, & innovation

Fun and interesting workshop! I learned so much about myself and my team.

-Center for Policing Equity

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Speaking Topics

Communication Secrets for Less Turnover, Better Impact

Use Myers-Briggs insights to help your team communicate better and stay motivated! Learn the most effective ways to give and share feedback, reduce employee stress, and manage your staff's emotional investment at work. This interactive workshop will leave your team with three specific things they can start doing this week to enhance communication and collaboration.

Faster Onboarding with the Myers-Briggs

Help for when your new hire is creating more work for everyone: Learn to use the Myers-Briggs to overcome the 3 main obstacles that keep new employees from doing their best from day one.

Keep Your Best People Longer with the Myers-Briggs

Most people don't leave teams; they leave managers, and even good managers can't help people they don't understand. Advance your team through hands-on Myers-Briggs exercises to help you retain and engage your top talent.

Bio

Emily is a career counselor helping people find more joy in the work they have.

M.A., Counseling, Regis University
B.A., East Asian Studies, Smith College
Myers-Briggs Master Practitioner
Strong Interest Inventory certified

Sample of organizations served:



Offerings and rates

2-hour workshop

Myers-Briggs basics for teambuilding and understanding

\$ 1000- \$ 2000

Half-day seminar

Interactive Myers-Briggs workshop with hands-on activities and real-world applications

\$ 4000- \$ 5000

Full-day seminar

Myers-Briggs deep dive with practical activities and customized team exercises

\$ 6000 - \$ 8000