



ACC GLOBAL MEDIA Press Release for Andrea Strom Rancourt of ASR Coaching & Training In Quebec, Canada, & NEW YORK

*ACC Global Media Spotlights Ms. Andrea Strom-Rancourt
on Empowered Women, Executive Coaching, and Wellness
in the Workplace & at Home*

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Press Release for ASR Coaching & Training
Interview with Andrea Strom-Rancourt, Founder of ASR
Coaching & Training: WEDNESDAY, JUNE 8, 2016 at NOON
(12:00 p.m.) EDT, Montreal, Quebec, Canada
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FOR IMMEDIATE RELEASE
Contact: ACC Global News Radio, 1-888-725-0554
www.accglobalmedia.com (Talk Radio)
ACC Global Media Spotlights Ms. Andrea Strom-Rancourt
on Empowered Women, Executive Coaching, and Wellness
in the Workplace & at Home
Quebec, Canada - Due to the impact of the worldwide
economic situation, we're finding an increase of longer work
days and heavier, arduous work put in by both men and

women, but particularly by women! More women are struggling to maintain work-life balance, a high quality of life, and professional excellence than in previous years. Andrea Strom-Rancourt's whole person coaching method assists executives and their employees by reducing their risk of professional "burnout" and long-term absence, while increasing their work efficiency, productivity and overall performance. Thus, the return-on- investment benefits are quite substantial and they have a positive effect on the company's bottom line.

Andrea received her B.A. from the University of California, Berkeley and her Master's degree in Adult Education from Concordia University in Montreal, Quebec, Canada. She obtained her certification as a business, life and career transition coach from Coaching and Leadership International, a coach training institution whose coach training program is accredited by the International Coach Federation. Andrea is also a certified facilitator of the Myer Briggs and the Flow Personality Type Assessments. She offers both corporate coaching and individual coaching, in English and French, and helps to bridge that proverbial gap in communication between employees and upper management. In Andrea's corporate training sessions, clients learn performance, time and stress management through a holistic and highly effective engaged business and wellness approach. Executives learn who to enhance not only their performance as leaders, but also that of their team members, including



ASR COACHING & TRAINING

directors, managers, supervisors and administrative staff. Company presidents, CEOs and CFOs, together with their Human Resources Director of Employee Training and Development, chose seminar and workshop topics that have been deemed relevant to the needs of the organization and the employees as revealed by a company-wide survey. Some seminar and workshop themes that are often requested are: diversity training, effective communication, respect in the workplace (thus reducing incidents of bullying and verbal abuse), coaching best practices for executives and managers, creating employee engagement and mental and physical presence in the workplace, to name a few popular topics.

Andrea states "It's very beneficial not only for their professional life, but for their personal life as well. Participants of my programs learn strategies and techniques that they can effectively use at home!" Andrea describes herself as being "committed to lifelong learning"; she often inspires her clients to become lifelong learners. Andrea created a CD for her clients that they can pop into their computer at work and at home. It guides the listener through the steps of progressive muscle relaxation – a technique that assists them in creating inner calm, after which they experienced increased energy, dynamism, and efficiency in their daily lives at work and at home. She states "The training doesn't stay in the training room; there's follow up at home".

Andrea takes pride, along with her clients, in being "fully mindful, present and committed at work, at home, and in the community. She talks the talk, and walks the walk! Andrea does volunteer work for a number of community organizations. For example, she serves once a month meals at a community dining room that provides supper for 250 people who are either seeking nourishment through food or through social contact and the breaking of their isolation. Andrea helps to prepare "meals-on-wheels" for a Montreal organization that delivers food to isolated seniors and those with mental and physical challenges. In addition, she participates in fund raising events for organizations such as Empty Bowls (to feed the hungry) and Breast Cancer Action Montreal, which educates women about reducing the risk of breast cancer. Andrea's mother is a breast cancer survivor and she honors her mother's determination to be well and enjoy life, and her resilience, by being an active member of BCAM. Her wellness-in-the-workplace programs and her business, career transition and life coaching inspire both women (and men) to follow healthy lifestyle strategies and practices in order to be successful and fulfilled both at work and at home!

Andrea states she is most proud of the life she's created with her husband and their two sons and how she positively affects people's lives. She seeks to inspire women with her journey of being a hard working mother accomplishing her dream of getting her master's degree by studying at night, while working in adult education during the day. "I think a lot of women (and some open-minded men) would use find my story a source of inspiration for themselves to accomplish their goals and objectives and realize their dreams!

ACC global news will feature Andrea Strom-Rancourt in an interview on WEDNESDAY, JUNE 8, 2016 at NOON (12:00 p.m. EDT).

For more information on ASR Coaching and Training we invite you to visit:

<http://asrcoaching.com/index.html>

Thank you for sharing this vital information with your clients and network of colleagues and co-workers! Please tune in at show tab below.

<http://www.blogtalkradio.com/accglobalmedia/2016/06/08/acc-global-news-is-proud-to-feature-business-life-coach-andrea-strom-rancourt>

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