

Rosemary Urbon-Johnson of People and Cultures to be Featured on CUTV News Radio

WILLIS, TEXAS, USA, January 19, 2017 /EINPresswire.com/ -- To be truly effective as a leader, or simply to navigate through life's challenges effectively, a person must know themselves.

Rosemary Urbon-Johnson is the founder of People and Cultures, a fully integrated global talent life-cycle services company that promotes self-awareness as the platform for its developmental training, coaching, and consulting programs.

"People and Cultures is all about helping people reach their highest potential; whatever that means for the individual," says Rosemary. "My personal passion is self-awareness. As a coach, leadership trainer and organizational development consultant, I want my clients to better understand their unique qualities and attributes, and to be able to utilize those talents to lead more productive and fulfilling lives, both at work and personally."



According to Rosemary, it is through acquiring greater levels of self-awareness, a life-long journey, that we can become the person we would like to be!

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Rosemary Urbon-Johnson

Being more self-aware enables more possibilities for personal choice that can result in choosing more effective ways for responding to situations and challenges. “Clients are more capable of seeing different possibilities for the way they might choose to respond to certain situations resulting in greater personal happiness, while being more effective and successful,” says Rosemary. “Again, it all goes back to

personal choice.”

For individuals and teams alike to be successful and well-balanced both at work and personally, high levels of self-awareness, combined with a desire for continuous self-improvement, are essential attributes. Individuals who choose the path of continuous self-improvement tend to be more open and

transparent, more authentic and searching of 'the truth', and accepting of who they are, and what they represent. Such individuals tend to make better leaders, employees, or business owners.

People and Cultures also provides cross-culture/diversity and inclusion training, as well as fully customized Individual Development Plans that are complimented by coaching, providing an energetic and progressive approach for meeting the challenges of today's globalized world.

The coaching philosophy that People and Cultures promotes is transformative rather than transactional, holistically integrating language, body, and emotions to provide long lasting results. Self-awareness is greatly enhanced through this approach, says Rosemary, again enabling greater personal choice to navigate life challenges, which are achieved through the client designing new and more effective ways for responding to challenges, whether at work or personally.

CUTV News Radio will feature Rosemary Urbon-Johnson in an interview with Jim Masters on January 20th at 11am EST and with Doug Llewelyn on January 25th at 11am EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on People and Cultures, visit <http://www.peopleandculture.com>

Lou Ceparano
CUTV News
(631) 850-3314
email us here

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