




2024 BROCHURE

# PEP TALK WITH PEPZ

THE KEY TO YOUR NEXT LEVEL



[WWW.PEPTALKWITHPEPZ.COM](http://WWW.PEPTALKWITHPEPZ.COM)



In today's rapidly changing post-COVID landscape, organizations are confronted with unprecedented challenges in fostering employee well-being and productivity. The need for strategic guidance, tailored to both the evolving professional and personal spheres, has never been more urgent.

To ensure that employees, of all levels, are properly supported, we must address the challenges related to remote work, burnout, and shifting priorities. With a track record of enhancing individual and team performance, you will gain the strategies and knowledge needed to:

1. Refine systems.
2. Improve organization.
3. Enhance productivity.
4. Foster employee well-being.

### **Expertise That Drives Results:**

With over a decade of experience in Human Resources & Recruitment, complemented by thousands of coaching calls, I offer a unique blend of skills and insights to elevate your organization:

- **Seasoned Human Resources Professional:** 16 years of HR experience, with a strong focus on the employee experience, employee performance, and recruitment.
- **Diverse Industry Background:** Leveraging ten years of experience in sales, entertainment, and personal development, I bring a wealth of knowledge to every training session.
- **Bilingual Advantage:** Bilingual English-Spanish trainer that can bridge cultural and linguistic barriers, facilitating comprehensive engagement and understanding.

As both a trainer and intra-preneur, the organizations that have partnered with me have been able to achieve clear and long-lasting infrastructure enhancements and results. For Good Shepherd Services, for example, I single-handedly redesigned, implemented, and oversaw a new comprehensive and automated system that streamlined the hiring, management, and payroll processes for their internship program.

Upon receiving this responsibility, their program, which serviced twenty schools throughout New York City and 1300-1800 interns per year, was completely decentralized and frequently out-of-compliance with hiring and payroll regulations. Since the redesign, the program operated through a uniform process that eliminated breaches in compliance and improved the internship experience for the participants and the administrators. This system that has been in effect for over a decade.

Together, we can work towards:

- **Job Function Optimization:** Illuminate the true purpose behind each role, empowering employees with tangible practices and techniques to excel while cultivating a deeper sense of ownership.
- **Efficient Time Management:** Implement a robust system for effective time management, delivering instant and impressive results that maximize productivity.
- **Goal-Setting Mastery:** Equip your team with powerful techniques that inspire clarity, specificity, and strategic alignment, driving motivation and productivity.
- **Mental and Emotional Resilience:** Provide organizations with science-backed strategies to navigate emotional and mental challenges, fostering resilience and a healthier workplace culture.

## Testimonials

Following my sessions, audience members have reported:

- "Clear insights into mental decluttering from an expert."
- "Excited about boosting team productivity after actionable advice."
- "Best-in-class workshop on time management and goal achievement."
- "Unique, practical, and highly relevant guidance."

## Let's Collaborate for Success

I'm eager to discuss how my expertise can specifically address the challenges and goals of your organization. Together, we'll unlock the full potential of your team, driving performance, morale, and profitability. Thank you for considering me as your partner in growth.

*Peppz*

# SPEAKING TOPICS

## FOR THE WORKFORCE

- Time Management: Yield more results while establishing balance
- Owning Role: Elevating your results
- Mental Decluttering: Protecting your mental health

## FOR LEADERS

- Communicating to Win: Cultivate confidence and trust in your team
- Coaching for Effective Leadership: How to Communicate and Guide Your Team To Growth

For additional topics and custom trainings, please email  
[pepz@peptalkwithpepz.com](mailto:pepz@peptalkwithpepz.com)

## AS SEEN IN



*VoyageLA*



**BuzzFeed**



# TIME MANAGEMENT

## WHAT'S COVERED:

- Introduction to Time Management
- Understanding Time Management
  - Setting Priorities & Best Practices
  - Urgent vs. Important Tasks
  - Eliminating Distractions & Time Wasters
- Cultural Awareness in Time Management:
  - Collaborating Across Time Zones
  - Developing Empathy for Global Colleagues Schedules
- Goal Setting
- Work Life Balance
- Creating Your Action Plan

## LOGISTICAL DETAILS

**Length:** 4 Hours/8 Hours (Contingent of depth coverage desired)

**Audience:** Employees of all levels

**Cost:** \$2,500-\$5,000

# ELEVATING THE ROLE

## WHAT'S COVERED:

- Introduction:
  - Different Types of Mindsets
  - Understanding the purpose of your role
  - Cultivating an Employee-preneur mindset
- Characteristics of Employee-preneur
  - Traits & Qualities
  - Self Assessment: Identifying Entrepreneurial Traits
- Innovation & Opportunity
  - The Role of Innovation in Professional Growth
  - Identifying Opportunities within Your Role
- Goal Setting & Strategic Planning
  - Setting Goals
  - Personal Vision Statement

## LOGISTICAL DETAILS

**Length:** 4 Hours/8 Hours (Contingent of depth coverage desired)

**Audience:** Employees of all levels

**Cost:** \$2,500-\$5,000

# MENTAL DECLUTTERING

## WHAT'S COVERED:

- Introduction
  - What is Mental Health?
  - What Is Mental Decluttering?
- Understanding Mental Health
  - Common Signs of Mental Health Challenges
  - Reducing Stigma and Promoting Openness
  - Mental Health & Work Life Balance
- Mental Health Tips
  - Mental Decluttering Practices
  - Identifying Sources of Stress & Stress Management
- Goal Setting, Time Management, & Mental Health
- Self Care at Work and Home

## LOGISTICAL DETAILS

**Length:** 4 Hours/8 Hours (Contingent of depth coverage desired)

**Audience:** Employees of all levels

**Cost:** \$2,500-\$5,000

# COMMUNICATING TO WIN

## WHAT'S COVERED:

- Introduction:
  - Impact of Leadership Communication
- Trust
  - Strategies to Build Trust
  - Transparency & Openness in Leadership
- Different Communication Styles
  - Personality Types
  - Body Language
- Active Listening & Responding
  - Improving Listening Skills
  - Resistance
  - Handling Challenging Conversations
- Self- Assessment
  - Communication Style
  - Creating Personalized Action Plan for Improvement
- Technology & Communication
  - E-mail Best Practices
  - Leveraging Technology for Effective Communication

## LOGISTICAL DETAILS

**Length:** 6- 8 Hours (Recommended | Can be modified based on client needs)

**Audience:** Managers, Senior Leadership

**Cost:** \$2,500-\$5,000



# COACHING FOR LEADERS

## WHAT'S COVERED:

- Introduction to Coaching & Leadership
  - What is Leadership? (Group Discussion)
  - Role of Coaching in Leadership
- Understanding the Coaching Mindset
  - Defining Coaching
  - Coaching vs. Traditional Management
- Communicating as a Coach
  - Coach Mindset
  - Techniques to Establish Rapport
  - Feedback: Message vs. Delivery
  - Conflict Resolution
  - Addressing Performance Gaps
- Coaching for Employee Development
  - Identifying Employee Strength & Development
  - Career Development & Succession Planning
  - Promoting a Culture of Continuous Improvement
- Role Playing Exercises

## LOGISTICAL DETAILS

**Length:** 6- 8 Hours (Recommended | Can be modified based on client needs)

**Audience:** Managers, Senior Leadership

**Cost:** \$2,500-\$5,000

# PEPZ

Coach/Keynote Speaker  
Pep Talk with Pepz, LLC Founder

Andres “Pepz” Javier, a Dominican-born multi-faceted performing artist, speaker, and coach who is on a mission to change the world. As an entertainer, Pepz has worked with globally recognized brands and artists, while establishing and running a successful coaching practice that has seen clients find a greater sense of happiness, improved self-confidence, and exponentially multiplying their income, by learning practical strategies and transformational concepts to yield incredible and tangible results. Pepz inspires others to pursue their dreams, through his professional and personal accomplishments that are rooted in the belief that anything is possible.



With over 12 years of Human Resource experience, over 700 personal coaching calls, and a thriving entertainment and entrepreneurial career, Pepz helps aspiring and experienced professionals develop a positive and strategic mindset, tools, and practices to grow abundantly professionally and personally, that have been proven to yield results.


Pepz is a charismatic speaker who guides his audiences to their next level, by providing them with transformative information and inspiration. With his humble beginnings, diverse career, and strong personal development foundation Pepz relates to and communicates with professionals to help them acquire the success and abundance they seek and deserve.

## Get in Touch!

Reach out today to book  
Pepz for your next event.

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# TESTIMONIALS

I've had the privilege of working with Coach Pepz at Springboard since January 2022. From the onset, his dedication to the student outcome is very commendable. Pepz doesn't just coach; he genuinely invests himself in every student's success, consistently going above and beyond to ensure that the placements help learners to fulfil their long-term goals. Furthermore, his support isn't limited to students alone. He's also been a great team member and looks for ways to create an atmosphere of teamwork and shared growth. He is truly an asset to any team, and I wholeheartedly recommend him.

*Nitti Mohan, Senior Career Services Manager - Springboard*



"Pepz's vibrant spirit and flawless delivery made his presentation easy to follow. Everyone left uplifted and inspired to reach their goals.

*Ashley Anne, Quality Consultant - PPL Electric*



"He makes sure to give concrete steps for you to take to reach your goals. I am already seeing results of my work with him. After having worked with several coaches over the years, I truly consider Pepz to be the best in the business!

*Alicia Sand, CCSD*



## COMPANIES WORKED WITH



# I'M READY FOR MY NEXT LEVEL

@2024 Pep Talk with Pepz, LLC.

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Connect with me here:



To your next level,

*Pepz*

