



Dr. Cheri

CHERYL A. RAINEY, MBA, LMFT, PhD

Expanding Lives

Transforming Relationships

Advancing Businesses

Inside Out Leadership

An Innrsight™ Technology Business Training Seminar

As a long-time business executive and business leadership consultant, I understand the need for ongoing professional development that delivers a clear return on investment. I also recognize that in order to take time out from pressing business demands for a workshop on leadership skills you want to know how much **time it will take, how it works, and what you will get.**

My Inside Out Leadership: An Innrsight™ Technology Business Training Seminar delivers immediate results, whether you're attending one of my 4-hour trainings, day-long intensives, or utilizing my various programs for short or longer term leadership and business coaching.

My program is very different from all the boilerplate business trainings out there. Through this interactive workshop, you will:

- Understand your unique leadership strengths, untapped resources, and blind spots
- Learn to leverage your strengths to improve relationships with your employees and peers
- Learn how your individual stress behaviors and blind spots challenge those relationships
- Uncover **3 significant limiting beliefs** that perpetuate barriers to outstanding leadership
- Discover **5 ways to increase** your creative problem-solving skills
- Receive **a road map** of your unique leadership skills set
- Receive **7 + tools** to transform stress and triggers into opportunities for success

My Innrsight™Technology training immediately delivers measurable, usable results that not only build your competitive business edge, but also enhance your personal development. Attending my Inside Out Leadership Seminar immediately increases your leadership skills, resulting in a recognizable AND measurable difference in your team's performance and effectiveness, your work satisfaction, and your bottom line!

Continued on next page.



Dr. Cheri

CHERYL A. RAINEY, MBA, LMFT, PhD

Expanding Lives

Transforming Relationships

Advancing Businesses

Inside Out Leadership

An InnrSight™ Technology Business Training Seminar | page 2

In addition, and perhaps most importantly, this leadership training that will have a profound positive effect on all of your relationships, personally and professionally. And, I am also available for ongoing business and leadership coaching to address other issues or areas of growth that you would like to explore.

For information on scheduling this leadership seminar for your business or organization, please contact me at (850) 577-9253, or visit my website at www.DrCheri.net.

Cheryl A. Rainey, MBA, LMFT, PhD

221 East Seventh Avenue

Tallahassee, FL 32303

(850) 577-9253

www.DrCheri.net

DrCheri@DrCheri.net

CERTIFICATIONS AND SPECIALIZED TRAINING

Trauma and Disturbing Life Events:

Emergency State Responders for Florida, 2010

Eye Movement Desensitizing and Reprocessing (EMDR) Certification, 2007

Couples Therapy:

Crucible® Sexual Therapy, 2004

Emotionally Focused Therapy (EFT), 2002

Gottman Relationship Institute, 2003

Psychometric Assessments:

DISC Assessment Certification, 1994

Harrison Assessments Certification, 2009

Myers-Briggs Type Instrument (MBTI) Certification, 2001

Management Consulting:

Certified Management Consultant (CMC), 1995

MEMBERSHIPS

American Association of Marriage and Family Therapists (AAMFT) 2000- Present

American Psychology Association (APA), 2006 – Present

American Society of Training and Development (ASTD), 1989 - Present

Eye Movement Desensitizing and Reprocessing

International Association (EMDRIA), 2002 – Present

Institute of Management Consultants (IMC), 1995 - Present