



Dr. Cheri

CHERYL A. RAINEY, MBA, LMFT, PhD

Expanding Lives

Transforming Relationships

Advancing Businesses

Leadership BreakThrough™ Program

My **Leadership BreakThrough Program** is quite different from anything you have experienced in the past. Based on my unique **InnrSight Technology™**, the process reveals untapped leadership strengths and resources, as well as the blind spots undermining your leadership efforts and hindering employees' performance, effectiveness, positive attitudes, and teamwork.

Upon completion of the program, 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
- Discover **7 ways to increase your creative problem-solving skills**
- Receive a **road map of your unique set of leadership skills**
- **Release self-limiting beliefs**
- Learn to **transform stress and triggers into opportunities** for success
- **See a Return** on Investment (ROI)
- **Achieve the goals** you set at the beginning of the program

After your BreakThrough, you will immediately experience the difference, personally, and within a few weeks, will experience positive changes in the workplace. During the following few months, with interactive, individualized coaching, I assist you in maintaining and further expanding your new leadership skills and strengths. The **measurable goals** you set at the beginning of our work will be your **indicators of success!**

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For information on scheduling the Leadership BreakThrough Program for you, 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

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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