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I was first exposed to LMI through the Effective Personal Productivity program. Frank Kreze was the instructor who led our executive team through these sessions. This program proved challenging, eye-opening, and produced real results. We in turn rolled out the program across multiple level's of our company with great success. Long after the training was completed, Frank remained engaged with my progress and career.

Recently I completed the Effective Personal Leadership Program. The program, and Frank's approach, allowed me to push boundaries and overcome my self-imposed limitations. As a coach Frank was demanding. He did not let me "off-the-hook" when it came to the self-assessments, exercises, and homework. I had to be honest with myself and answer tough questions. This challenged my comfort zone. In the end, I made real progress and overcame my personal limitations and behaviours.

I feel these programs have been instrumental in my development as a leader and as a "whole" person. I have gained a better understanding of my goals, and the path to attaining them. Today I am happier, working smarter, and stretch myself in new directions that allow me to get more out of life.

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