



Maximize Team Productivity, Communication & Motivation
Contact Christy Tryhus to discuss your training needs at 507-456-2250

Power Up Training

Team Building

The Strengths Behind Teamwork
Customer Service Excellence from the Inside Out
Communication through Generations

Time Management

Power Up Time Management
Power Up Email Efficiency

Work/Life Balance

3 Strategies to Shift Life from Chaos to Calm



Services

Training & Development Presentations
Lunch & Learn Sessions
Sales & Life Management Coaching
Lean Facilitation (Process Analysis)



Christy Tryhus has more than 21 years of experience in the sales, training and coaching industry. This paired with her passion to help people grow to their fullest potential creates an energetic training experience. Christy is a certified coach, certified master trainer and author.

"Christy brings a remarkable level of energy, integrity and insight to everything she does. Her passion for inspiring and supporting positive changes within individuals and organizations is contagious. She naturally helps people to open up to more of what is possible and to take consistent action so they can achieve the results they want. Plus, she is simply delightful to work with." *Maryanne O'Brien*

Christy Tryhus
Certified Trainer, Business & Life Coach, Author
www.SimplyBalancedCoaching.com

Simply Balanced Coaching & Training
507-456-2250
Christy@SimplyBalancedCoaching.com