

Meet Motivity.

Motivity, Inc.
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www.motivity.com

Motivity means “the power of initiating motion,” which is exactly what we do for our clients — the individuals, business owners, and teams who hire us to create or manage transitions in their lives. Motivity’s consulting and coaching methods, honed over more than 25 years of training and experience, provide support to clients as they work through their unique change cycles in life, work or business, ultimately getting closer to a more fulfilling way of being.

Whether movement is chosen or unavoidable, **our work helps clients navigate change** using dynamic, holistic, yet practical tools that expand possibilities. The results are actionable, measurable and often profound.

Hire us to guide you as you...

- Move into a new work opportunity
- Create a new career
- Navigate transitions in work and life
- Get “unstuck”
- Synthesize opportunities and develop a plan
- Vision for business or career expansion
- Improve work relationships
- Mine what is right now for more fulfilling experiences
- Search for and reconnect with the work and activities you most want in life
- Learn about your natural rhythm for change to optimize on inevitable transition

Contact us....

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